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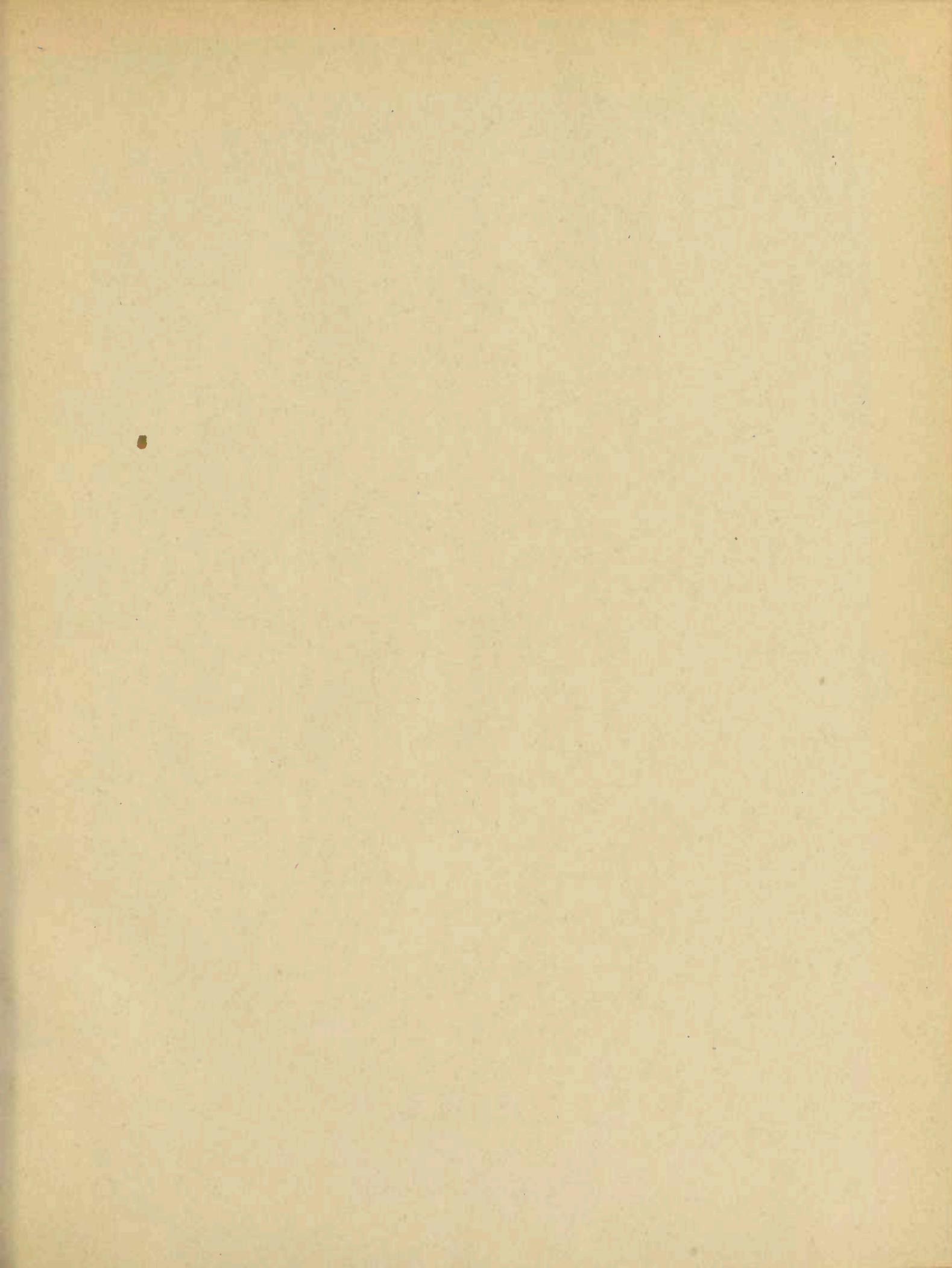
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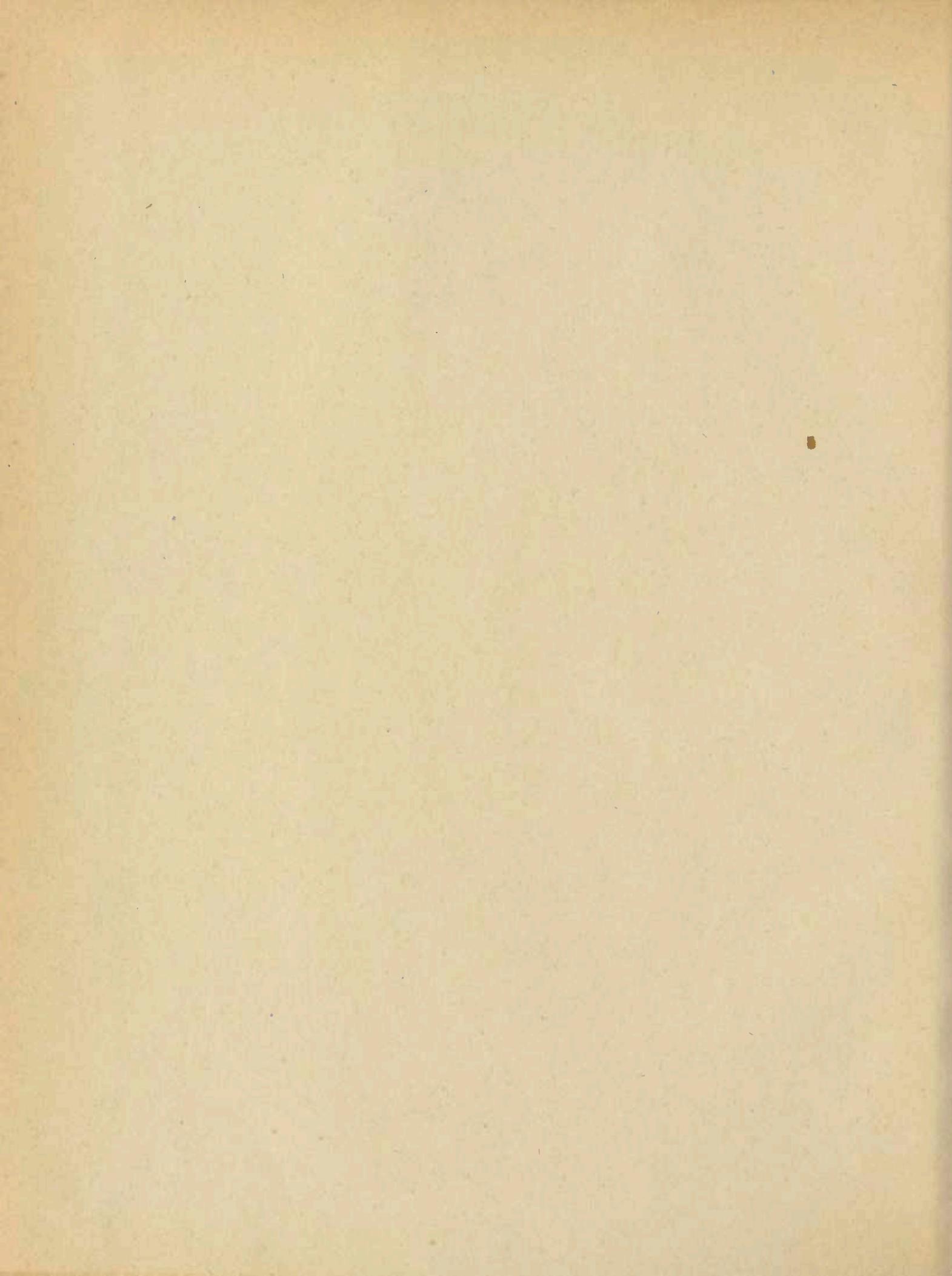
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# Aids for leaders in the **1945** **HOME CANNING** **PROGRAM**



*"I ask the millions of  
women who have preserved  
food at home . . . to carry on  
until the war is won."*

Franklin Delano Roosevelt

From a statement made Jan. 23, 1945



**WAR FOOD ADMINISTRATION**

702845  
Aug 9



of home food preservation this year.

Your appeal to preserve food at home is an urgent war message, and public information services will usually be willing to help you carry it. However, the amount of time or space they will give to your program will depend upon how interesting and newsworthy are the activities you plan for your own community.

Several programs which provided good publicity in community programs last year are described in this kit. You may want to adopt some of them as they are — or they may inspire you to work out even more effective ideas of your own.

Items in this kit will help you use the principal channels available to you for promoting home canning in 1945. They may be used in their present form, rewritten to suit your local needs, or given to editors, radio program directors, and organization leaders as background information.

## ★ The FACTS . . .

about the need for home canning  
about sugar for canning  
about canning last year

## ★ For the PRESS . . .

sample news releases  
background material for feature stories

## ★ For the RADIO . . .

sample scripts  
spot announcements

# *Starting Points ...*

## *for promoting home canning in 1945*

- \* THE NEED is greater than ever before . . . There will not be enough commercially-canned fruits and vegetables to meet civilian needs next winter.
- \* THE GOAL is to persuade every homemaker who has fresh foods available to preserve what her family will need at home.

### SUGGESTIONS FOR DOING THE JOB

Newspapers, radio stations, clubs, schools, churches, and other local groups will provide you with ready-made channels for reaching your audience. Plan to use them all in your community, so that everyone within reach of public information will know the importance of home food preservation this year.

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WHEN YOU GO TO SEE YOUR EDITOR

The things people do in your home town make news. Your editor will want to know about plans for local action. Supply him with announcements of meetings, names of leaders.

Outlines of news stories included in this kit may suggest kinds of meetings you may want to hold....as well as help you in reporting them to your newspaper.

Good pictures add life to news stories, and most newspapers welcome them. A layout of home-canning pictures which you may offer to editors is included in this kit. However, pictures of local people and local events will have more news value to your paper. Newspaper staff photographers, other local photographers, and county agricultural officers are sources for getting pictures taken.

Women's page editors will often use stories about canning methods, with pictures to illustrate them. . . Columnists and editorial writers may be interested in background facts which show the need for canning this year. . . Feature writers may accept stories about successful home canners, similar to those included in this kit. It is a good plan to offer materials which can be used in several of a newspaper's departments.

WHEN YOU GO TO SEE YOUR RADIO PROGRAM DIRECTOR

As in the case of newspaper editors, radio program directors will want to know your plans for a community program. Often they will take part in your planning, will sponsor contests and other promotion stunts that make news, and will usually give time for your local broadcasts.

The director of women's programs, more than any other member of a station staff, will be interested in your community plans. She will want facts about the need for canning, stories about local canners, and news about all your activities. Keep in touch with her throughout the canning season, and let her guide you in developing your radio broadcasts for women.

Local groups which have regular broadcasting periods may be willing to invite a guest to discuss home canning. . .or to announce canning events. . .or even to sponsor parts of your program throughout the canning season.

The sample scripts included in this kit may suggest topics for locally-prepared scripts, may be used as they are, or may be adapted to your needs.

WHEN YOU GO TO SEE YOUR LOCAL GROUP LEADERS

Nutrition classes, cooking schools, and canning demonstrations are standard and reliable avenues for carrying home food preservation messages to groups of women.

In addition, there are many organizations which would be willing to have the needs for canning presented to their members. Local civic clubs, church groups, and labor union auxiliaries are only a few examples. The national headquarters of many of these organizations have offered cooperation in the 1945 home canning program. Their locals in your community may be willing to have speakers appear at their meetings. . .to show motion pictures or slide films on food preservation. . .to put up a poster or a display in their meeting rooms. . .to announce canning events to their members. . .or, in some cases, even to act as sponsor for the promotion of home canning in your community.

A list of motion pictures and slide films available for showing to groups is included in this kit.

A poster and samples of printed materials which may be ordered from the U. S. Department of Agriculture, Washington 25, D. C., are also included.



# The Facts about HOME FOOD PRESERVATION in 1945

Revised February 19, 1945  
War Food Administration  
U. S. Department of Agriculture

Home canners in the coming season face the challenge of at least matching their efforts in 1944, when they accounted for nearly half of the total civilian supply of canned vegetables and two-thirds of the canned fruits available to civilians. Nearly 25 million households put up an estimated 3,400,000,000 quarts of home preserved food--in addition to record commercial production.

The urgent need for home food preservation is emphasized by the fact that military requirements for commercially canned foods have been advancing rapidly. Of the principal vegetables, the amount set aside for war use jumped from 25 percent of the pack in 1943-44 to 41 percent in 1944-45 and now to 48 percent in 1945-46. While there is a slight drop in the amount of canned fruits required to be set aside from the 1945-46 pack, production is expected to drop somewhat more, thus leaving less for civilians--about 22,700,000 cases from the 1945-46 pack compared with 23,800,000 cases from last year's pack.

Because of heavy military requirements, coupled with strong civilian demand arising from larger wartime incomes, the supply of commercially canned fruits and vegetables available to civilians is now less than at any time during the war. In the current pack year, civilian supplies of canned fruit are only about half of pre-war (the 1941 pack year), with canned vegetables down more than one-third.

It now appears that there will not be enough of most commercially canned fruits and vegetables available to meet civilian demand in 1945, no matter when the war in Europe ends.

HOME CANNING ACCOUNTS FOR SUCH A LARGE SHARE OF CIVILIAN CANNED GOODS THAT THERE MUST BE NO LET-UP UNTIL AN ADEQUATE SUPPLY IS ABSOLUTELY CERTAIN. HOME CANNING IS ONE OF THE NATION'S MOST IMPORTANT WARTIME PROGRAMS ON THE HOME FRONT IN 1945.

## Sugar for Home Canning

Sugar supplies today are feeling the real pinch of a long war. Last year civilians used 6,100,000 tons (including industrial use)....about 700,000 tons more than we could afford. This year if we are to live within our quota of 5,400,000 tons....and if each American family is to be assured of a fair share of that quota, tighter rationing is necessary. Amount of sugar allocated for home canning is the same as last year--about 700,000 tons....but this year we cannot use more.

The new rationing regulations are designed to protect those who actually do home canning by seeing that they get their fair share of the home canning sugar.

## Canning Equipment

Pressure canners are essential to can vegetables other than tomatoes. Manufacture of 630,000 has been authorized for 1945, compared with 400,000 in 1944. This year's canners will not be rationed and will be available through regular commercial channels.

Containers and closures are expected to be in adequate supply in 1945. There are no restrictions on their manufacture, and a considerable inventory is left over from 1944. It would appear that the three-piece glass lid type of seal will be replaced with the two-piece metal lid or the zinc p/l Mason cap. Jar rings will probably again be made of synthetic and reclaimed rubber, but an effort is being made to improve their quality.

Community freezer lockers will total about 1-3/4 million by mid-year. They provide an economical and highly satisfactory method of preserving food.

#### Community Food Preservation Centers

Food preservation centers, now established in approximately 6,000 communities, have two great advantages: (1) more families have the use of scarce equipment such as the large size pressure canners, and (2) availability of trained supervisors to teach approved methods.

Home demonstration agents or local teachers of vocational agriculture will help establish canning centers on request by sponsors such as local governments, schools, civic clubs, and similar organizations. The canning project can well be tied in with a school lunch program.

#### Points to Stress

1. Home canning is a wartime necessity — essential for the Nation's supply of canned fruits and vegetables and essential for each family to make sure of having foods needed for health at any time during the year.
2. Economy, the saving of precious food, can be accomplished by preserving fruits and vegetables when they are plentiful for use when they are scarce.
3. Better meals the year round can be achieved by home preservation of fruits and vegetables—nutrition standards call for at least four and, if possible, six to seven servings of fruits and vegetables every day.
4. Victory Gardening is the starting point for home canning — plan your canning budget when you order your garden seeds. The Department of Agriculture or the State Agricultural Colleges can advise you how to plan for your gardening and canning together.
5. Efficiency, using the best methods, is the only way to preserve food at all. Naturally you want to do your canning safely, without explosions or spoiled food. Naturally you want to get the most food value out of your efforts. Naturally you want to know the best ways to dry, freeze, pickle, brine, or store foods—as well as canning. So get expert advice from your local nutrition committee, home demonstration agent, State Agricultural College, or the Department of Agriculture, Washington, D. C.

#### Publications

Free bulletins can be obtained from State Colleges of Agriculture. The following may also be ordered from the Office of Information, U. S. Department of Agriculture, Wash. 25, D.C.:

Home Storage of Vegetables and Fruits —  
Farmers' Bulletin 1939  
Home Canning of Fruits, Vegetables—AWI 93  
Home Canning of Meat — AWI 110 (available around March 15, 1945)  
Take Care of Pressure Canners — AWI 65  
Over Drying — AWI 59

Preparing Home Grown Vegetables and Fruits for Freezing — AWI 100  
Freezing Meat and Poultry Products for Home Use — AWI 75  
Preservation of Vegetables by Salting or Brining — Farmers' Bulletin 1932  
Pickle and Relish Recipes — AWI 103  
Curing Pork Country Style — AWI 108

#### Motion Picture

Canning the Victory Crop: 2 reels, 16 mm., sound, kodachrome. U. S. Department of Agriculture adaptation of film originally produced by Good Housekeeping Institute. May be borrowed free or bought (cost approx. \$70.00). Address applications to Motion Picture Service, Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

## E M E R G E N C Y   C U T

### In Canning Sugar Ration

Due to a sharp reduction in sugar supplies, an emergency cut in the amount of sugar to be available for home canning was announced on May 1, 1945.

Under the new provisions, the total amount of sugar allocated for home canning has been dropped from 700,000 tons to 600,000 tons. The maximum amount which may be allowed to an individual will be 15 pounds, instead of the 20-pound maximum announced earlier this year. The top quantity which any family may receive will be 120 pounds, as compared to the previously-announced 160-pound family maximum.

CORRECT THE FIGURES WHERE THEY APPEAR — The information materials in this kit were printed before the emergency cut was made. Canning leaders should, therefore, be sure that the up-to-date figures are inserted wherever the earlier figures are used.

MATERIALS OTHERWISE ACCURATE — Except for these three figures, however, the materials in this kit which deal with sugar for home canning are correct. They should be used as widely as possible to promote an understanding of the rationing rules governing home-canning sugar.

WHAT THE SUGAR CUT MEANS TO THE CANNING PROGRAM — The need for home canning continues to be more urgent than ever, despite the unavoidable reduction in our sugar supplies. Canning leaders can perform a real and patriotic service by encouraging homemakers to meet the needs of our nation for home canning this year, even though their sugar rations must necessarily be limited. Some of the materials in this kit will be found helpful for this purpose.



# the FACTS about SUGAR for home canning in 1945

The aim of the 1945 canning sugar rationing program is to bring a fair share of 700,000 allotted tons to each woman who is going to do canning. Here are the important points she needs to know:

Application for all canning sugar is made to the War Price and Rationing Board, either by mail or in person. The Boards will issue sugar according to actual home-canning needs.

No stamps in ration books will be validated for canning sugar this year.

A maximum of 20 pounds of canning sugar per person may be issued — but no more than 160 pounds per family, even if there are over eight in the family group.

Spare Stamp No. 13 from War Ration Book 4 — one for each member of the family for whom sugar is requested — should be attached to the canning-sugar application.

Families who need sugar for canning should apply on form OPA R-341, which they can get from their local War Price and Rationing Boards. One application may be used by a family.

Applications for home-canning sugar will not be accepted after October 31, 1945. OPA district offices will announce the dates when issuance of coupons will begin and end in each area. These dates will be related to the canning season in the area. In no case will more than two applications be accepted from any family.

## Figure Your Sugar Needs

Canning sugar needs are estimated according to the total amount of fruit the family will can. Figure one pound of sugar for each four quarts of fruit.

Within the maximum, not over 5 pounds will be allowed per person for jellies, jams, preserves, pickles, relishes and curing meats.

The War Price and Rationing Board will determine the amount of sugar it can issue to each applicant under the regulations and will issue canning sugar coupons good for one pound or five pounds. These may be spent in any store. The five-pound coupons will be good until November 30, 1945, and must be endorsed on the face with name and ration book number.

Home Canning for Sale

For the person producing home canned foods for sale, no more sugar will be allowed than was used for this purpose during 1944.

Sample Application Form

The sample form attached to this Fact Sheet may be used to show groups how to fill out canning-sugar applications.

THERE'S ENOUGH SUGAR

IF ---

The 700,000 tons of sugar allocated for home canning in 1945 is enough to permit home canners to break all previous food preservation records, provided ---

- (1) All food preservation sugar is used for that purpose, and
- (2) Home canners stay within the amounts recommended by the Department of Agriculture and used by the Office of Price Administration as a basis for figuring sugar needs.

The food experts of the Department of Agriculture suggest that the home canner, to get the best use of her sugar, vary the four-to-one canning ratio somewhat according to the fruit she cans. Sour fruits may demand, and get, more than the average sugar, while very juicy and sweet fruits can take short rations on sugar. Such individual adjustments may be worked out by the housewife.

Honey may be used to replace as much as half the sugar called for in canning; or corn sirup may replace as much as one-third. If necessary, fruit may be canned entirely without sugar. Sugar helps canned fruit hold its shape, color, and flavor. But sugar isn't necessary to keep fruit from spoiling. Unsweetened fruit is processed in the same manner as sweetened. Details are given in USDA pamphlet, "Home Canning of Fruits and Végetables," AWI-93.

Although no sugar is specifically issued for putting up vegetables, sugar for chili and catsup may come out of the five-pound-per-person jelly-jam allowance. Recommended amounts of sugar for jams, jellies, preserves and fruit butters are found in Farmers' Bulletin No. 1800; for catsup, chili sauce, pickles and relishes in USDA leaflet, "Pickle and Relish Recipes," AWI-103.

(All of the pamphlets referred to here may be obtained free from the U. S. Department of Agriculture, Washington 25, D. C.)

WE MUST GET ALONG WITH LESS SUGAR THIS YEAR BECAUSE --

- (1) Military needs are high. Each soldier actually consumes twice as much sugar a year as the average civilian now receives.
- (2) Ships which otherwise might be bringing sugar into the United States are hauling supplies to the battle fronts.
- (3) Manpower is scarce at sugar refineries and shipping ports.
- (4) Beet sugar production last year was 500,000 tons short, making the stock of sugar smaller for this year.
- (5) Last year many people over applied for canning sugar. We used so much sugar that stocks at the beginning of this year were abnormally low.

DO NOT APPLY FOR MORE SUGAR THAN YOU ACTUALLY NEED FOR HOME CANNING.

HELP MAKE OUR WAR SHORT SUGAR SUPPLIES LAST ALL YEAR.

(Do not detach)

OPA FORM R-341  
(2-45)

FORM APPROVED  
BUDGET BUREAU NO. 08-R1280

This Form May Be Reproduced Without Change

UNITED STATES OF AMERICA  
OFFICE OF PRICE ADMINISTRATION

1945 APPLICATION FOR  
HOME CANNING SUGAR ALLOWANCE

PURSUANT TO SECOND REVISED RATION ORDER 3

INSTRUCTIONS

Fill out this form to apply for sugar for home canning. You may apply on this form for yourself, and members of your family unit." (A "family unit" consists of all persons related by blood, marriage, or adoption, who regularly reside in the same household.) An operator of a Group I Institutional establishment may make application only for himself or his "family unit." Boarders at that establishment, not members of the same "family unit," must file separate applications if they need sugar for home canning. Upon completing this form mail or take it to your War Price and Rationing Board.

ESTIMATE YOUR HOME CANNING NEEDS CAREFULLY AND APPLY  
ONLY FOR AS MUCH SUGAR AS YOU ARE SURE YOU WILL NEED.

The Rationing Board will determine the amount it can issue to you under the Regulations. In no case may it issue for the entire season more than twenty (20) pounds of sugar per person, nor more than one hundred sixty (160) pounds per family unit," even though the "family unit" may consist of more than eight persons.

Any additional application must be made to the same Board where the original application was filed, but not more than one additional application may be made.

Any sugar obtained through this application is to be used for home canning and preserving only and must not be used for any other purpose.

Attach Spare Stamp No. 13 from War Ration Book Four of each person for whom application is made. No application will be approved unless those stamps are attached to it, or less a previous application with the stamps attached is on file.

NAME OF APPLICANT	
ADDRESS - NUMBER AND STREET OR RURAL ROUTE	
CITY, POSTAL ZONE NUMBER, STATE	TELEPHONE NO.
Applicant must list names below, including names of persons in "family unit" for whom he is applying.	
1	PIN OR CLIP IN THIS SPACE SPARE STAMP NO. 13 FROM THE WAR RATION BOOK FOUR OF EACH PERSON LISTED
2	
3	
4	
5	
6	
7	
8	

Total pounds applied for \_\_\_\_\_ lbs.

Total number of persons in your "family unit" \_\_\_\_\_

NOTICE: SECTION 35(A) OF THE UNITED STATES CRIMINAL CODE MAKES IT A CRIMINAL OFFENSE, PUNISHABLE BY A MAXIMUM OF 10 YEARS' IMPRISONMENT, \$10,000 FINE, OR BOTH, TO MAKE A FALSE STATEMENT OR REPRESENTATION AS TO ANY MATTER WITHIN THE JURISDICTION OF ANY DEPARTMENT OR AGENCY OF THE UNITED STATES.

CERTIFICATION

I CERTIFY that the statements made by me in answer to the questions on both sides of this application are correct to the best of my knowledge; that all the persons listed in this application are members of my "family unit" and that we live at the same address shown on this application.

I further CERTIFY that any sugar granted as a result of this application will be used only for the purpose for which issued.

SIGN  
HERE

(Name of applicant)

(Date)

(Also fill in opposite side)

1-19499-bu-wp

READ BEFORE USING FIVE POUND  
HOME CANNING SUGAR COUPONS

Applicant will print or type below his full name and complete mailing address

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
(Number) \_\_\_\_\_ (Street, R.F.D., or Gen. Delivery)  
CITY, POSTAL  
ZONE, STATE \_\_\_\_\_

Before the attached coupons are used for the purchase of sugar for home canning, you or any member of your "family unit" listed on the application must sign each home canning coupon (OPA Form R-342). The person signing must enter the serial number of his War Ration Book Four thereon.

For the purpose of identification, it will be necessary for the signer to take his War Ration Book Four with him when he purchases the sugar.

These coupons are not transferable.

(Do not detach)

**AMOUNT OF SUGAR ALLOWED FOR HOME CANNING**

- A - A maximum of one pound of sugar will be allowed per four quarts of finished canned fruit or fruit juice.  
 B - A maximum of five pounds of sugar will be allowed per person for use in making any or all of the following: jams, jellies, preserves, marmalades, and fruit butters from fruits; for canning vegetables; making pickles, relishes, catsup, mince meat etc., and for curing meat. However, no more than forty (40) pounds per "family unit" will be allowed.

**ANSWER ALL THE FOLLOWING QUESTIONS**

1 Have you or any other member of your "family unit" applied for sugar for home canning since January 1, 1945, for any of the persons for whom this application is made? YES  NO

If answer is "Yes," state name of person who made the application

2 How many pounds of sugar did you use in 1944 for making jams, jellies, etc., listed in B above?  
\_\_\_\_\_ lbs.

2a How many pounds of sugar will you use in 1945 for making jams, jellies, etc. (see B above)?  
\_\_\_\_\_ lbs.

3 How many quarts (or equivalent) of finished canned fruit did you can with sugar in 1944?  
\_\_\_\_\_ qts.

3a How many quarts (or equivalent) of finished canned fruit will you can in 1945?  
\_\_\_\_\_ qts.

Divide by 4  
(See A above) \_\_\_\_\_ lbs.

4 How many pounds of sugar did you use for canning fruit in 1944?  
\_\_\_\_\_ lbs.

5 How many pounds of sugar did the Board grant you for home canning and preserving in 1944?  
\_\_\_\_\_ lbs.

6 Do you grow your own fruit? YES  NO

**DO NOT WRITE IN SPACE WITHIN HEAVY LINES**

DATE	BOARD NO.	COUNTY AND STATE
<input type="checkbox"/> DISAPPROVED APPROVED FOR _____ POUNDS FOR PRESERVING FOR _____ POUNDS FOR CANNING TOTAL APPROVED _____ POUNDS		

SIGNATURE OF BOARD  
OR PANEL MEMBER

SIGNATURE OF  
BOARD CLERK

DATE ISSUED

The following estimates may be used as a basis in determining the approximate number of quarts of finished product obtainable from a stated amount of raw fruit.

FRESH FRUIT	UNIT OF MEASURE	APPROXIMATE CANNING YIELD IN QTS. PER UNIT OF MEASURE
Apples	48 lbs. to bu.	20 qts.
Feches	48 lbs. to bu.	20 qts.
Pears	50 lbs. to bu.	24 qts.
Plums	56 lbs. to bu.	28 qts.
Apricots	48 lbs. to bu.	18 qts.
Grapes (for juice)	48 lbs. to bu.	18 qts.
Cherries	32 qts. to bu.	20 qts.
Blackberries	24 qt. crate	16 qts.
Red Raspberries	24 qt. crate	15 qts.
Black Raspberries	24 qt. crate	16 qts.
Strawberries	24 qt. crate	12 qts.

# the FACTS about HOME CANNING LAST YEAR

The findings of a recent survey on home food preservation in 1944 (Bureau of Agricultural Economics) reveal many significant facts which can be used to promote home food preservation in 1945.

## \* HOW MANY PRESERVED FOOD IN 1944?

About 25,000,000  
Households

Seven out of every ten households in the nation -- or about 25 million households -- preserved fruits and vegetables in 1944....chiefly by canning, to some extent by dehydrating or drying, freezing, brining, and other methods. The total amount of fruits and vegetables preserved in American homes last year -- and this does not include fruits and vegetables stored fresh in cellars, pits, and trenches -- comes to about three and a half billion quarts...a sizable contribution to the nation's food stores.

## \* WHO DID MOST OF THE PRESERVING?

Farm vs.  
Non-farm

In proportion to their numbers: More farm housewives than non-farm housewives; more small-town housewives than city housewives; more older housewives than younger ones; more of those with home gardens than of those without gardens; more of those with large households than of those with small ones.

## \* HOW MANY HAVE BEGUN PRESERVING SINCE THE WAR?

One in seven has  
been preserving  
four years or less

One out of every seven housewives who did preserving in 1944 first began preserving food some time within the previous four years. Six out of seven were doing preserving before that time. More of the newcomers are in the non-farm group.

## \* WHY DID THEY PRESERVE FOOD IN 1944?

Farm women  
usually do ...  
1/4 of new city  
preservers offset  
rationing

Since preserving is done in 94 out of every 100 farm households, it would seem that it is traditional among farm women. When the new preservers in farm households are asked their reason for beginning to preserve, their answers are likely to be, "because we like to have the stuff on hand," "to have vegetables in the winter time," "to use up what we grew in the garden," and so on, rather than reasons reflecting war-time conditions.

But in the cities and towns, one out of every four new preservers says she began because she hadn't enough ration points to meet the family needs for canned goods,

and others say they began when they couldn't buy what they needed. Ten percent of the new non-farm preservers say they began because they wanted to help the national food situation.

\* WHAT KEEPS SOME PEOPLE FROM PRESERVING FOOD?

Lack of time

In three out of ten households, no foods were preserved last year. The most common reasons given by non-preservers are: lack of time; expense; illness; old age. Among city housewives, lack of storage or work space is a fairly common reason. About one housewife in fifteen says she doesn't can because she doesn't know how. Only three percent say anything about the sugar shortage, only four percent mention lack of equipment.

\* WHAT FOODS WERE PRESERVED?

Tomatoes, fruits, jams, and jellies

Tomatoes, fruits, and jams and jellies were the items most commonly preserved last year. In farm households, beans, corn, peas, and pickles and relishes were very popular also.

\* HOW MANY USED COMMUNITY CANNING CENTERS?

Five times as many would like to attend as attended last year

About two-thirds of the people who preserved food last year had heard of community canning centers, but housewives from only two percent of the non-farm households of the nation and from eight percent of the farm households--or four percent of all the households--had attended them.

When those who had done some preserving were asked whether they would attend centers next year if they were available, nearly twenty percent of both farm and non-farm canners indicated an interest in doing so. They gave as their reasons: (a) a center would give them better information than they might get otherwise; (b) canning at a center would reduce the amount of work involved; (c) the center would provide better equipment than they could have at home.

Those who said they weren't interested in attending gave these reasons: (a) working at home is more convenient; (b) going to a center takes more time; (c) the amount of preserving done in the household is too small to make attendance at the center worth while; (d) home preserving has always been successful for them; (e) transportation would be difficult or unavailable.

\* WHAT ARE HOME FOOD PRESERVING PLANS FOR 1945?

About same number plan to preserve

About the same number of households are planning to preserve food in 1945 as did preserving in 1944. There is a sizable group of people in addition, however, who are undecided about whether or not they will do any preserving. If sufficient publicity about the importance of home preserving reaches these undecided people, and if preserving aids and advice can be made available and attractive, it may be that they will increase appreciably the amount of food preserved this year in the homes of the nation.

# PROMOTION IDEAS

--- from local programs that "took"

## *Canning Caravan*

A canning caravan--A Red Cross mobile kitchen outfitted for giving canning demonstrations was used by the Baltimore Nutrition Committee. The demonstrations were given by authorized Red Cross nutrition instructors, assisted by canteen workers. Members of the Motor Corps drove the caravan. By the use of this caravan, information was taken to remote neighborhoods, reaching homemakers who could not attend more formal meetings. Printed leaflets on food preservation were distributed and many individual questions on preservation answered.

In order to reach groups, handbills describing the caravan were distributed to interested organizations. Nutrition chairmen of the Red Cross zones were asked to organize the meetings.

## *"Jar-of-the-Month" Contest*

In Missouri, a number of counties kept up their interest in canning by choosing "the jar of the month." In Caldwell County, the home demonstration agent kept a regular spot in a store window through the canning season for the jar of the month. Excellent posters and a good background for the jar helped make the exhibit valuable, as did comments run by the local paper as to whose jar of what was in the exhibit each week, and how the food in it was preserved.

## *Canning Aides*

In Pemiscot County, Mo., canning aides were appointed for each of the 64 neighborhoods in the county. They were given special training in canning methods and then were given up-to-date material to help in answering questions. A survey showed that the average number of quarts canned per person jumped from 27 to 75 under the impetus of this program.

## *Department Store Booth*

The La Crosse County, Wis., Nutrition Committee, with the home demonstration agent as chairman, had a "food-preservation booth" in a prominent place in a large department store. Started as an experiment for a week, there was so much interest shown that the booth was manned for three weeks. Six home economists and the agent kept the booth open from 1:30 to 4:30 each afternoon. The store provided signs, "Conserve for Victory" and "Get your information here," for the four sides of the booth. On display were types of canning equipment including a pressure cooker, a waterless cooker, various types of jars and lids, and equipment for sulphuring apples. A display of canned food consisted of non-acid vegetables, tomatoes, strawberries, and sulphured apples. During the three weeks, more than 600 visitors stopped to ask questions, and of those, 400 signed their names in the record book and asked for printed information. The local newspaper carried three different news articles about the booth.

## *Food Preservation Workshop*

A food preservation workshop was held in the farmers' market of Flint, Michigan. The four-day program included training in the canning of green beans, tomatoes; boning of beef and chicken and canning of beef and chicken. One day was devoted to dealing with the problems of community canning centers, such as adjusting and repairing equipment, making out scheduling forms, records and discussions of management. The workshop was presented by the Food Preservation Committee, the Michigan Office of Civilian Defense, War Food Administration, and the Flint Defense Council.

## *School Lunch Canning*

In Dryden, New York, one of the local gardeners planted extra tomato plants for the school lunch. When they were harvested, the school principal invited several of the children's mothers to help the home economics teacher can them. The invitations were gladly accepted.

## *Panel of Experts*

"Information, Please" on the preservation of food at home, was the subject of a meeting of the Tompkins County Nutrition Committee in Ithaca, New York. Members of the panel consisted of a local bacteriologist, the home demonstration agent, and some of the best canners in the county. Questions from the audience ranged from canning without sugar to pasteurizing fruit juices, using oil jars for canning, and treating smelly rubber rings.

## *Food Spoilage Clinic*

A food-spoilage clinic aroused a great deal of interest in canning problems in South Dakota. Spoiled canned tomatoes, off-colored chunks floating in a murky liquid, made up Exhibit A at the clinic. Microscopic slides showed enlarged views of the yeast, molds, and bacteria at work in the tomatoes. Test-tube samples measured the acid and gas content and showed the decomposed condition of solids and liquids.

Twenty-two jars of spoiled food were exhibited. The clinic revealed the need for emphasis on careful selection of jars and the correct use of jar closures, plus ability to follow directions in the use of a pressure cooker.

## *Information Booth in Market*

Thousands of Michigan housewives received information on improved food-preservation methods during the past summer and early fall at the information booth set up at the Detroit Eastern Farmers Market. Every Saturday, Mrs. Ruth Code, war food preservation assistant in Detroit, was in the booth to help market customers who were puzzled over various food-preservation problems. She immediately attracted an enthusiastic and attentive audience. She learned that shoppers had many questions to ask.

Armed with U. S. Department of Agriculture and State bulletins on canning, she counseled from 75 to 100 women every Saturday. Such subjects as jars, closures, temperatures, and preparation of fruits and vegetables were discussed with shoppers. Based on the questions most commonly asked, a "food chats" letter containing practical hints on food problems was distributed among those who visited the booth.

## *Local Group Assistance*

In Siskiyou County, Calif., the county librarian assisted the war emergency food preservation assistant to locate key women in the rural communities where there are branch libraries by inviting the assistant to make a tour of the county with her to meet the library custodians. It was through these contacts that a number of groups became interested in the food-preservation program.

The county health nurse assisted in the various rural communities by telling people where they could get information on canning problems.

The PTA presidents and the Greenhorn Grange helped by inviting the food preservation assistant to appear on their programs.

The Red Cross nutrition chairman arranged for a demonstration in canning for a group of home economics teachers, to bring them up to date on methods of food preservation so that they might serve as volunteer trainers for adult groups.

## *Store Exhibits*

In Connecticut, the months of July and August seemed to be those when most Victory Gardens were in peak production and the time when commercially-grown produce is at the right quality and price for canning and, therefore, the time to call attention to methods of canning. A member of the War Council canvassed stores to see if the management would be willing to set up some kind of exhibit calling attention to the fact that certain products were "good buys" at that time for canning. A sample kit including three posters and exhibit of glass jars and closures was used to sell the idea.

## *Preservation Budget Card*

A food-preservation budget card was used successfully in Alabama. The card showed the amount of food to be canned and stored for one person and how to plan for the family. Leaders received training in using the score card in group meetings in 67 counties.

At these meetings, leaders figured how much they needed to grow, or buy, and can to feed their own family adequately for one year, and at the same time discussed the economic and health value of an adequate diet. Older boys and girls were specially invited. The leaders, in turn, promised to explain the score card to their neighbors, encouraging them to put their canning on a budget basis.

4-H Clubs used the canning budget idea, planning the canning for their own families, and then doing the canning themselves.

## *Canning Club or Co-op*

The Jerome Canning Club in Jerome County, Idaho, was organized in 1937 to serve eleven farm families who wanted to buy and share the use of home-canning equipment. The members now own and use pressure cookers, sealers, and other equipment.

## *Canning Bee*

A cape Cod, Mass., woman set a new style for wartime living when she invited some of her neighbors to her home for a "canning bee." Each of the women brought along some food to can, and all worked together. Each helped the other and all shared the canning equipment. By sharing labor and equipment, the women said they accomplished a lot that day, and also enjoyed getting together and talking. They planned similar canning bees later in the year, when other foods came in season.

# 10

## FOOD PRESERVATION SUGGESTIONS FOR LEADERS OF YOUNG PEOPLE

- I. Help young people to establish a goal in food preservation, so that they may produce for victory, save for freedom, conserve to stretch the food supply.
- II. Enlist each member of the group to participate in planning a canning budget in keeping with family needs.
- III. Show the group the important steps in canning such products as tomatoes or rhubarb.
- IV. Plan activities to stimulate interest in food preservation, such as:
  1. Songs set to popular tunes like --

"Rows and rows and rows of jars  
On the pantry shelf  
They'll keep me fit  
To do my bit  
I canned them all myself." (To the tune of Row, Row, Row Your Boat.)
  2. Rhymes as they work --

"No ration points  
No doctor's bill  
If quarts one hundred  
We will fill."
  3. Games -- true and false questions involving canning, drying and freezing principles.
  4. Short plays that young people often write themselves to illustrate how to get ready to can.
  5. Candle or fire lighting ceremony dedicated to food preservation.
  6. Visits to a freezer locker plant or other food-preservation plant in community.
  7. Exhibit books containing good information about canning, freezing, and storing food.
  8. Movies -- color and sound films available, showing food preservation methods. Show in home economics classes, clubs, youth meetings, at once.
- V. Provide for exhibits showing:
  1. How to make a water bath --

(a) Use kettle deep enough to allow 3 inches of water over top of jar (example, white enamel pail).

(b) Must have lid that fits well.

(c) Must have a rack on which to rest jars:

Example -- Use 2 old license plates

Hardware cloth

A rack made from wood (not pine because the pitch gets all over jar).

2. Posters -- (made by school art department, 4-H Club members, Scouts, Camp Fire and other) showing:

(a) Canning budget.

Show varieties of fruits and vegetables and quantity involved, based on family needs.

(b) Indicate how many pounds or quarts of fruits and vegetables are needed to fill one quart jar.

VI. Have a State or local honor roll at the end of summer posted which shows names of boys and girls who canned 100 quarts of fruits and vegetables properly. Locate it near to the names of the boys and girls in service.

VII. Hold meetings through the canning season. Invite specialists to present demonstrations or have outstanding demonstration teams present food preservation methods. Answer questions regarding difficulties encountered, including causes of spoilage.

VIII. Plan demonstrations: Encourage 4-H demonstration teams or demonstration teams by other groups to present a 20-minute demonstration showing the correct methods of canning or freezing foods before --

Rotary Clubs

Garden Clubs

Women's Clubs

Grange

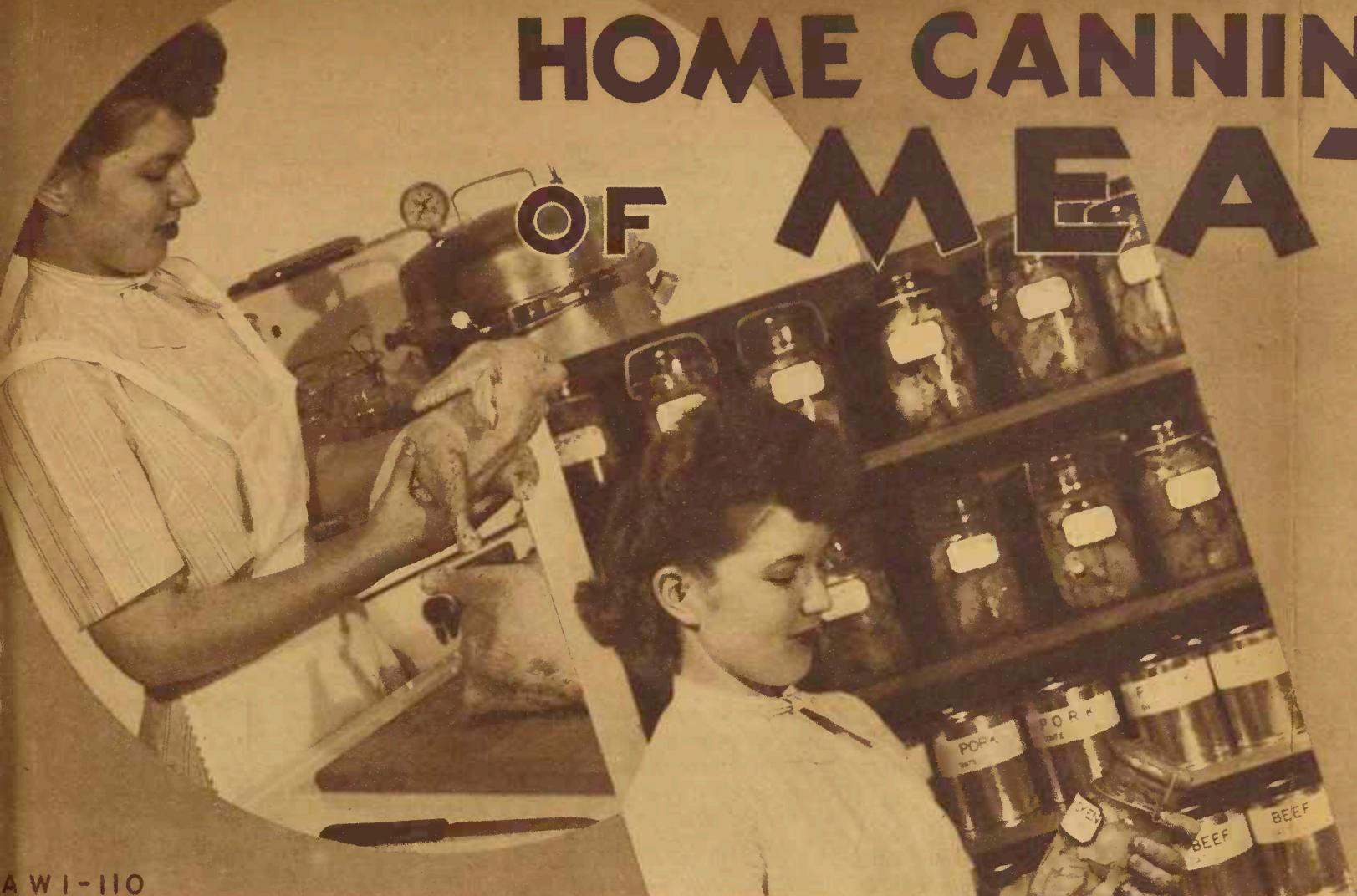
PTA meetings

Youth meetings.

IX. Use radio: Invite 4-H members and other young people who did a good job in 1944 to participate in radio programs in 1945. Such broadcasts create local interest in food preservation and often stimulate others to learn correctly.

X. Hold exhibit: End season with an exhibit showing achievements of the group. Simple window displays often prove effective.

# HOME CANNING OF MEAT



*Reminders  
for success*

- ✓ Only good fresh meat for canning
- ✓ Meat, utensils, everything clean
- ✓ Directions up to date

- ✓ Steam-pressure canner in good order
- ✓ Glass jars or tin cans—seal airtight
- ✓ Store cool and dry



Many families can chicken, beef, and other home-produced meats to help spread the supply through the year.

With canned meat on the shelf, you'll quickly have a savory stew, meat pie, or many another good dish . . . timesavers for busy days.

Directions given here tell how to can meat safely and so as to hold food value and flavor.

**What to can.**—Beef, veal, mutton, lamb, pork, and rabbit are all successfully canned at home. So are various kinds of poultry—chicken, duck, goose, guinea, squab, turkey. Meat of large-game animals may be canned like beef; that of game birds and small-game animals like poultry.

**What not to can.**—Mixtures such as the following are not recommended for home canning: Chile con carne . . . hash and stews made with vegetables . . . head cheese . . . liver paste . . . pork and beans . . . scrapple. . . soups made with cereals and vegetables.

Commercial canners succeed with these specialties because they have the needed equipment and laboratories to check their results. For the home canner, it is safer to can each food by itself and combine when ready to serve.

**Fresh . . . clean . . . cold.**—Can only meat from healthy animals in tiptop condition, slaughtered and handled in a strictly sanitary way.

After killing, chill meat at once and keep it chilled until canning time; or else can the meat as soon as body heat is gone from it. Chilled

meat is easier to handle.

Chilling calls for refrigeration or for weather that can be counted on to keep the meat at 40° F. or lower. Meat held at temperatures near freezing may be canned at any convenient time within a few days after killing.

**Avoid freezing meat, if possible.**—If meat does freeze, keep it frozen until canning time. Thawed meat is very perishable. Cut or saw the frozen meat into strips 1 or 2 inches thick just before canning.

**Choice of ways to heat and pack.**—There are two ways of packing meat for home canning. One is the hot pack. The other is the raw pack. The Canning Timetable tells how to use these methods for different kinds of meat.

**Don't fry.**—It's best not to fry meat before canning. The brown crust that tastes so good in fresh-cooked chicken or steak becomes dry and hard and the canned meat may even have a disagreeable flavor.

**Salt.**—Salt does not help preserve meat in canning. Add it if you wish.

## USE A STEAM-PRESSURE CANNER

For safe canning, meat must be heated through and through in a canner. "Processing" is the word for this. The meat must be processed at sufficiently high temperature and held there long enough to make sure of killing bacteria that cause dangerous spoilage.

The only practical way to get this high temperature is by using a steam-pressure canner. By holding steam under pressure this way you can quickly get a temperature of 240° F. or more.

If meat is not properly processed, it may spoil or even lead to serious food poisoning.

If you have no steam-pressure canner, try to team with a neighbor who has one, or go to a food-preservation center where there is steam-pressure equipment. Otherwise, preserve the meat some other way—by curing or freezing.

*It is not safe to can meat in—a boiling-water bath, an oven, a steamer without pressure, or an open kettle. None of these will heat the meat hot enough to kill dangerous bacteria in a reasonable time.*

Oven canning is impossible with tin cans and not safe with glass jars, for more than one reason. Even though oven temperature goes to 250° F. or higher, food inside jars stays at about boiling—212° F. Moreover this method has caused serious burns and cuts. Jars in an oven may burst, blowing out the oven door.

A pressure saucepan is built for cooking at 15 pounds pressure. Its gage is not marked at the 10 pounds pressure recommended for meat canning, and it is impossible to estimate this pressure accurately enough for safe processing.

## YOUR PRESSURE CANNER— 3 QUESTIONS

### 1. Do you live high above sea level?

If so, don't forget that you must use more pressure in your canner to heat meat all the way through to 240° F.

The general directions call for canning meat at 10 pounds steam pressure, 240° F. Your rule is: For each 2,000 feet above sea level, add 1 pound of pressure. Process for the length of time given in the Canning Timetable (pp. 10-14).

### 2. Is your pressure gage accurate?

A weighted gage needs only to be thoroughly clean; it needs no adjustment.

A dial gage should be checked before the canning season, oftener if you use the canner a great deal. Ask your county home demonstration agent, your dealer, or manufacturer about checking. If the test shows your gage is "off," tie a tag on the canner stating how far off it is.

If it reads 5 pounds or more off, you'd better get a new one. But if it is 1 to 4 pounds off, you can correct it this way:

The meat is to be processed at 10 pounds steam pressure.

#### So if the gage reads high—

- 1 pound high—process at 11 pounds.
- 2 pounds high—process at 12 pounds.
- 3 pounds high—process at 13 pounds.
- 4 pounds high—process at 14 pounds.

#### If the gage reads low—

- 1 pound low—process at 9 pounds.
- 2 pounds low—process at 8 pounds.
- 3 pounds low—process at 7 pounds.
- 4 pounds low—process at 6 pounds.

### 3. Is the canner thoroughly clean?

Wash the canner kettle well, before and after each using. Don't wash the lid—just wipe it with a soapy cloth, then with a damp, clean cloth, and dry well.

Keep pet cock and safety valve clear at all times.

**When the canner is working.**—Follow the manufacturer's directions for your own canner. The pictures on pages 5-9 show how to proceed.

## KNIVES, PANS, TABLE TOPS

For success in your canning, have every utensil and piece of equipment just as clean as can be. Leave everything thoroughly clean after the day's work.

**Metal, enamelware, porcelain.**—Scrub with hot soapy water; rinse with boiling water.

**Wood.**—Cutting boards, table tops where meat has rested, and wood utensils need "elbow grease" and special treatment to keep bacteria under control. So scrape them, scrub with hot soapy water, and rinse with boiling water. Then disinfect, using a hypochlorite solution or a chloride of lime bleaching fluid diluted according to directions on can. Let this stay on about half an hour; then wash it off with scalding water.

**Linoleum.**—Don't let meat lie on linoleum, for scalding and disinfecting are too harsh for linoleum.

**Cloths.**—Rinse off meat juices with cool water. Then wash cloths in soapy hot water and boil. Rinse in the same kind of disinfectant you use for wood.

## IF YOU USE TIN CANS

**Use plain tin cans, in good condition.**—C-enamel and R- or sanitary-enamel cans prevent some foods from discoloring, but this is not the case with meats. The fat may cause enamel to peel off, and, while this is not harmful, it makes the canned meat look unattractive. So use only plain tin cans for meat, preferably with paper gaskets.

See that cans, lids, and gaskets are perfect. Discard badly bent, dented, or rusty cans and lids with scratched or torn gaskets.

#### Sizes to use:



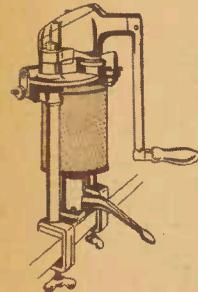
No. 2 can—holds 2½ cups (20 ounces)

No. 2½ can—holds 3½ cups (28 ounces)

No. 3 can—holds about 4 cups (33 ounces)

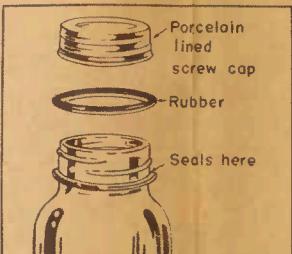
**Tin cans call for a sealer.**—Before you buy tin cans, be sure you have a sealer in good working order, or else arrange to can in tin at a food-preservation center.

Make sure that the sealer you use is properly adjusted. One test is to put a little water into a can, seal it, then cover the can with boiling water and let it stand a few minutes. If air bubbles rise from the can, the seam is not tight, and the sealer needs further adjusting.



# IF YOU'RE USING GLASS JARS

## Main types of jars and how to seal them



Zinc porcelain-lined cap with shoulder rubber ring, to fit standard Mason jar.

**When canning.**—Fit wet ring down on jar shoulder, but don't stretch more than needed. Fill jar. Then screw cap down firmly and turn it back  $\frac{1}{4}$  inch.

**After canning.**—As soon as you take jar from canner, quickly screw cap down tight, to complete seal.



Lightning-type jar is sealed with glass lid and rubber ring, held in place by wire bail.

**When canning.**—Fit wet rubber ring on ledge at top of empty jar. Fill jar. Put on glass lid. Push long wire over top of lid, so it fits into groove. Leave short wire up.

**After canning.**—As soon as you take jar from canner, quickly push short wire down to complete seal.



Glass lid and top-seal rubber ring, held in place by metal screw band, to fit standard Mason jar.

**When canning.**—Fill jar; fit rubber ring on glass lid. Put lid on jar with rubber side down. Screw metal band on tight . . . then, using your thumb as a guide, turn back almost a quarter turn, or so that band and jar just mesh together. Caution: If the band is screwed too tight, the jar may break.

**After canning.**—As soon as you take jar from canner, screw band down tight.

**Next day.**—When jar has cooled, take off screw band if you can without forcing. If the band sticks, cover for a minute or two with a hot, damp cloth, to loosen.



Flat metal lid edged with sealing compound, held in place by metal screw band, to fit standard Mason jar.

**Just before use.**—Some of these self-sealing-type lids need boiling, others only a dip in hot water. Follow manufacturer's directions carefully.

**When canning.**—Fill jar; put lid on so that sealing compound is next to glass. Screw metal band on firmly, but not so hard that you cut through the compound. When screwed down firmly, this lid has enough "give" to let air escape during canning.

**After canning.**—This is a self-sealer. Leave "as is" when you take from canner. Don't tighten further; you may break the seal.

**Next day.**—When jar has cooled, take off screw band if you can without forcing. If band sticks, cover for a minute or two with a hot, damp cloth, to loosen.

**Sizes to use.**—Don't can meat in any jar larger than a quart. Pints are even better than quarts. It takes so long to process meat packed in half gallon jars that some meat is overcooked while there may be "cold spots" within the jar. And in these cold spots spoilage bacteria may survive.

**Jars and lids—perfect and clean.**—See that you have a lid to make an airtight seal on each jar.

Discard jars or lids with cracks, chips, or dents—any defects preventing airtight seals.

Wash jars in hot soapy water and rinse well; also lids unless manufacturer directs otherwise.

**Rubber jar rings.**—If a cap calls for a separate rubber ring, use a clean, new ring of the right size for the jar. Don't test by stretching.

Scrub rubber rings with a brush in hot soapy water. Then boil 10 minutes in water and baking soda (1 quart water, 1 tablespoon soda to each dozen rings). Rinse well. Start with fresh soda and water for each lot. This may help keep rings from flavoring food.



# HOW TO CAN POULTRY



Directions given here for chicken apply also to other poultry, rabbit, and small game. These pictures show the lightning-type glass jars; other types of jars (p. 4) or tin cans may be used.

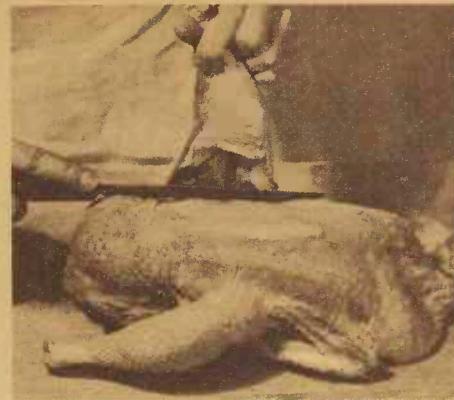
Directions for canning poultry without bone are given in the Timetable (pp. 10-11).

For best flavored canned chicken, select plump stewing hens. Young birds need the same processing, often lack flavor, and may cook to pieces.

A quick and simple way to cut up a bird is shown. Instead of drawing the bird, you cut away the edible pieces.



1. Wash the picked bird, but don't soak it in water. Then wipe with a clean, damp cloth.



2. With a sharp knife, cut off wings and legs at joint. Pulling on wing or leg while cutting will help in disjoining bird



3. Divide the body by cutting from end of breastbone to backbone on a line along ends of ribs. Don't cut so deep that you cut into the body cavity and puncture the entrails. Turn bird over; cut other side the same way.



4. Lay bird on back. Break the backbone. Cut around vent; remove and discard entrails, saving the giblets. Be careful not to break gall bladder or meat will be bitter. Remove and discard lungs and kidneys, and cut off oil sac near tail.



5. Separate breast by cutting straight down between wishbone and point of breast. Leave meat attached to wishbone.



6. Remove breast meat from center bone by carving down side of breast. Leave bone in other meaty piece.

7. Cut legs into drumsticks and second joints. Saw drumsticks off short, if desired. As you cut, trim off large lumps of fat. Sort pieces into 3 piles: Meaty pieces, bony pieces, and giblets.



# HOW TO CAN POULTRY . . .



8. You'll need broth or hot water as liquid. To make broth: Use bony pieces. Cover with cold water; simmer until meat is tender. Drain broth into bowl; skim off fat. Strip meat from bones and, if desired, can as little pieces.



9. Pour hot broth or hot water over raw meaty pieces in cooking pan, to cover meat. Put on lid and precook meat until medium done, or until pieces, when cut, show almost no pink color at the center.



10. If using salt, put level measure in empty glass jars:  $\frac{1}{2}$  teaspoon in pint jars; 1 teaspoon in quarts. To heat jars and lids ready for packing, pour about 3 inches of warm water into canner, set in loaded rack, and put on canner lid . . . but don't clamp. Set over heat.



11. When jars are hot and ready for packing, take one at a time from hot water. Work quickly so chicken will be hot when jar is filled.



16. Wipe jar rim and rubber ring clean. One greasy bit can keep the jar from sealing airtight.



17. Put on glass lid so groove on top is at right angles to bail. Push long wire bail over lid into groove. Leave the short wire up, loose. Work quickly.



18. Put each jar back into canner as soon as it's filled. If some of the water in the canner has boiled out, replace it to be sure the canner won't boil dry and be damaged during canning. Fasten lid securely on canner.



19. Let steam pour from open pet cock or weighted gage opening for at least 10 minutes. Then shut pet cock, or put on weighted gage.

# HOT PACK, WITH BONE

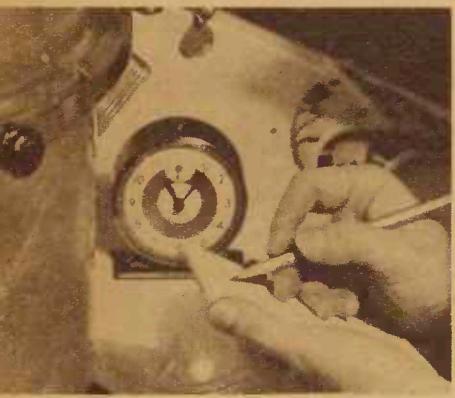


12. Dip a rubber ring in hot water and put the hot ring on jar . . . if using another type of jar, follow directions on page 4 for adjusting rubbers and tops.

13. Pack second joints and drumsticks with skin next to glass; breast in center of jar; smaller pieces fitted in. Leave about 1 inch at the top for head space.

14. Cover chicken with hot broth, using about  $\frac{1}{2}$  to  $\frac{3}{4}$  cup for each quart jar. Again leave 1 inch for head space.

15. Work out air bubbles in jar by pushing a knife blade down the sides. Add more broth, if needed, to cover chicken, but be sure to leave 1 inch head space.



20. When pressure is at 10 pounds, note the time . . . adjust heat under canner to keep pressure steady. Process chicken with bone 65 minutes for pint jars; 75 for quarts. Watch the clock. When time's up, slide canner away from heat.

21. To keep from drawing liquid out of glass jars, let pressure fall to zero. This will take about half an hour. Then wait a minute or two, no longer, before slowly opening pet cock. Unfasten lid and tilt far side up, to keep steam away from your face.

22. Take out jars; quickly push the short wire down to complete seal of each jar. Protect your hands with thick cloth. Set jars out to cool right side up, on a rack or thick cloth or paper. Keep jars away from drafts and sudden cold. Don't cover.

23. Let jars cool overnight. Then test for leaks by turning jar partly over in hands. Don't try this with jars of self-sealing type . . . tap lid with spoon—a ringing sound means a good seal, a dull flat note a poor seal.



# HOW TO CAN PORK

These pictures show fresh pork. Beef and other lean meats may be canned the same way. Glass jars (see p. 4) may be used as well as tin cans.

For canning meat in large pieces, select cuts commonly used for roasts, steaks, or chops. Cuts that contain more connective tissue or bone and small pieces may be canned as stew meat, or ground meat, or soup . . . keep them clean and cold until ready to can.



1. With a clean, damp cloth, wipe cuts chosen for canning in large pieces. Cut meat from bone. Set aside bones for soup.



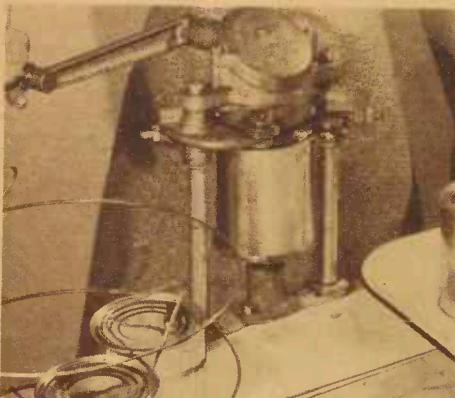
2. Trim away most of the fat without unduly slashing the lean. Too much fat makes meat hard to process.



3. Wash tin cans in cool water—no soap—and rinse. Don't wash can lids. If you add salt, put it in empty cans:  $\frac{1}{2}$  teaspoon (level measure) in No. 2 can;  $\frac{3}{4}$  teaspoon in No.  $2\frac{1}{2}$  can; 1 teaspoon in No. 3 can.



8. Wipe can lids with a damp cloth. If using paper gaskets, be sure to keep them dry. Place a lid on each can, gasket side down.



9. Seal cans immediately. Follow directions that came with your sealer. The finished seam between lid and can should be smooth and even. Wipe the sealed cans clean of grease . . . ready for canner.



10. Have about 3 inches of boiling water in steam-pressure canner . . . so it won't boil dry and be damaged. Place rack with cans in canner. A 7-quart canner will hold cans stacked two-deep.



11. Fasten lid securely on canner. Let steam pour from open pet cock or weighted gage opening for at least 10 minutes. Then shut pet cock or put on weighted gage.

# ... OR OTHER MEAT, RAW PACK



4. Cut meat in can-length strips, so that grain of the meat runs the length of the can. Use tidbits to fill space, or set them aside to can for stew meat, ground meat, or soup. Fill cans to top with one or more strips of meat.



5. Set open cans in a large vessel with a good lid. Have water about 2 inches below can tops. Cover vessel and heat at slow boil.



6. If you have a thermometer, insert it to center of can. Meat is ready when temperature at center of can is 170° F. If you have no thermometer, cook until meat is medium done, about 50 minutes.



7. As you take out each can, press meat down about  $\frac{1}{2}$  inch below rim. Add boiling water, if needed, to fill can with liquid to top.



12. When pressure is at 10 pounds, note the time . . . adjust heat under canner to keep pressure steady. Process No. 3 or No.  $2\frac{1}{2}$  cans packed with large pieces of meat 90 minutes; process No. 2 cans 65 minutes. When time's up, slide canner from heat.



13. With No. 3 cans, let pressure fall to zero (about  $\frac{1}{2}$  hour), wait a minute or two, no longer, then slowly open pet cock. With smaller cans, open pet cock without waiting for pressure to fall. Unfasten cover, tilt lid far side up, to keep steam away from your face.



14. Take out cans with tongs or thick cloth and cool at once in clean, cold water—preferably running water—until cans are lukewarm . . . still warm enough to dry off quickly so as to prevent rust.



15. Stagger the cans as you stack them, to speed cooling. Before labeling, wipe clean and examine for leaky seals. Store in a cool, dry place.

# CANNING TIMETABLE

## POULTRY

### Hot pack, with bone

1. Bone the breast, saw drumsticks off short, if desired, but leave bone in other meaty pieces, such as second joints. Trim off large lumps of fat. Sort into meaty pieces and bony pieces. Set aside giblets to can separately.
2. Broth or hot water will be needed as liquid. To make broth, use bony pieces: Cover them with cold water, simmer until meat is tender. Drain broth into bowl; skim off fat. Remaining meat stripped from bone may be canned as little pieces.
3. Pour hot broth or hot water over raw meaty pieces in cooking pan to cover meat. Put on lid and pre-cook until meat is medium done, or, when cut, shows almost no pink color at center of pieces. Stir occasionally, so meat will heat evenly.
4. If salt is desired, put level measure into clean, empty containers:  $\frac{1}{2}$  teaspoon in pint jar or No. 2 can;  $\frac{3}{4}$  teaspoon in No.  $2\frac{1}{2}$  can; 1 teaspoon in quart jar or No. 3 can.
5. Pack second joints and drumsticks. Have skin next to glass or tin. Fit breasts into center, smaller pieces where needed. Leave about 1 inch above meat in glass jars for head space;  $\frac{1}{2}$  inch in tin cans.
6. Cover meat with hot broth, using about  $\frac{1}{2}$  to  $\frac{3}{4}$  cup for each quart container. Leave 1 inch for head space in jars; fill cans to top.
7. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars, and have tin cans filled to top.
8. Adjust lids on glass jars (p. 4); seal tin cans.
9. Process at once in the steam pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 65 min. No. 2 cans..... 55 min.  
Quart jars..... 75 min. No.  $2\frac{1}{2}$  and No. 3 cans... 75 min.

### Hot pack, without bone

Follow directions for hot-packed poultry with bone, with these exceptions:

Remove bone—but not skin—from meaty pieces. You can bone poultry either raw, or after precooking.

Boned poultry must be processed in the steam pressure canner longer than poultry with bone. Process at 10 pounds pressure (240° F.)—

Pint jars..... 75 min. No. 2 cans..... 65 min.  
Quart jars..... 90 min. No.  $2\frac{1}{2}$  and No. 3 cans... 90 min.

### Raw pack, with bone

1. Bone the breast, saw drumsticks off short, if desired, but leave bone in other meaty pieces, such as second joints. Trim off large lumps of fat. Sort into meaty pieces and bony pieces. Set giblets aside to can separately.
2. If salt is desired, put level measure into clean, empty containers:  $\frac{1}{2}$  teaspoon in pint jar or No. 2 can;  $\frac{3}{4}$  teaspoon in No.  $2\frac{1}{2}$  can; 1 teaspoon in quart jar or No. 3 can.
3. Pack second joints and drumsticks. Have skin next to glass or tin. Fit breasts into center, smaller pieces where needed. Pack glass jars to about 1 inch of top; pack tin cans to top.
4. Set open jars or cans in large vessel with warm water about 2 inches below rim of jar or can. Cover vessel and heat at slow boil until meat in all containers is steaming hot and medium done, about 50 minutes in tin cans; 75 minutes in glass jars. If you have a thermometer, meat is heated enough when center of jar registers 170° F.
5. Adjust lids on glass jars (p. 4); seal tin cans.
6. Process at once in the steam pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 65 min. No. 2 cans..... 55 min.  
Quart jars..... 75 min. No.  $2\frac{1}{2}$  and No. 3 cans... 75 min.

# CANNING TIMETABLE

## Raw pack, without bone

Follow directions for raw-packed poultry with bone, with these exceptions:

Remove bone—but not skin—from meaty pieces before packing.

Boned chicken must be processed longer in the steam pressure canner than chicken with bone. Process at 10 pounds pressure (240° F.)—

Pint jars..... 75 min. No. 2 cans..... 65 min.

Quart jars..... 90 min. No. 2½ and No. 3 cans... 90 min.

## GIBLETS

Because of flavor, it is best to can livers alone. Gizzards and hearts, may be canned together. Since these are ordinarily canned and used in small quantities, directions are given only for pint glass jars and No. 2 tin cans.

## Hot pack

1. Put gIBLETS in cooking pan. Cover with broth made from bony pieces, or hot water. Cover pan and precook gIBLETS until medium done. Stir occasionally.
2. If salt is desired, put level measure into clean, empty containers:  $\frac{1}{2}$  teaspoon in pint jar or No. 2 can.



3. Pack gIBLETS hot. Leave about 1 inch above meat in glass jars for head space;  $\frac{1}{2}$  inch in tin cans.

4. Cover gIBLETS with hot broth or hot water. Leave 1 inch for head space in jars; fill cans to top.

5. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars and have cans filled to top.

6. Adjust lids on glass jars (p. 4); seal tin cans.

7. Process at once in the steam pressure canner at 10 pounds pressure (240° F.)—

Pint jars..... 75 min. No. 2 cans..... 65 min.

## RABBIT

Prepare the meaty pieces, with or without bone, and pack and process as for chicken.

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Acknowledgment is made to the research laboratories of the National Canners Association for aid in arriving at the processing times and temperatures given in this pamphlet.



# CANNING TIMETABLE

## BEEF, VEAL, PORK, LAMB

For canning as large pieces, use loin and other cuts suitable for roasts, steaks, or chops. For canning as stew meat, use the less tender cuts and smaller pieces.

Cut meat from bone. Set aside bones to make soup. Trim away most of the fat without unduly slashing the lean.

For larger pieces, cut into pieces that will slip easily into the glass jars or tin cans, with the grain of the meat running lengthwise.

The smaller pieces of stew meat are handled and processed just like larger pieces.

### Hot pack

1. Put meat in large shallow pan; add just enough water to keep from sticking. Cover pan and precook meat slowly until medium done, stirring occasionally, so meat will heat evenly.
2. If salt is desired, put level measure into clean, empty containers:  $\frac{1}{2}$  teaspoon in pint jars or No. 2 cans;  $\frac{3}{4}$  teaspoon in No.  $2\frac{1}{2}$  cans; 1 teaspoon in quart jars or No. 3 cans.
3. Pack meat hot. Leave about 1 inch above meat for head space in glass jars;  $\frac{1}{2}$  inch in tin cans.
4. Pour in hot broth or hot water to cover meat. Again leave 1 inch at top of glass jars for head space; fill tin cans to top.
5. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars, and have cans filled to top.
6. Adjust lids on glass jars (p. 4); seal tin cans.
7. Process at once in the steam pressure canner at 10 pounds pressure (240° F.)—

Pint jars ..... 75 min. No. 2 cans ..... 65 min.

Quart jars ..... 90 min. No.  $2\frac{1}{2}$  and No. 3 cans.. 90 min.

### Raw pack

1. If salt is desired, put level measure into clean, empty containers:  $\frac{1}{2}$  teaspoon in pint jars or No. 2 cans;  $\frac{3}{4}$  teaspoon in No.  $2\frac{1}{2}$  cans; 1 teaspoon in quart jars or No. 3 cans.
2. Pack containers with raw, lean meat. Leave about 1 inch above meat in glass jars; fill tin cans to top.
3. Set open jars or cans in large vessel with warm water about 2 inches below rim of jar or can. Cover vessel and heat at slow boil until meat in all jars or cans is steaming hot and medium done, about 50 minutes in tin cans; about 75 minutes in glass jars. If you have a thermometer, meat is heated enough when center of jar or can registers 170° F. Press meat down into tin cans  $\frac{1}{2}$  inch below rims and add boiling water, if needed, to fill to top.
4. Adjust lids on glass jars (p. 4); seal tin cans.
5. Process at once in the steam pressure canner at 10 pounds pressure (240° F.)—  
  
Pint jars ..... 75 min. No. 2 cans ..... 65 min.  
Quart jars ..... 90 min. No.  $2\frac{1}{2}$  and No. 3 cans.... 90 min.

## GROUND MEAT

For grinding, use small pieces or meat from the less tender cuts, but make sure the meat is fresh and kept clean and cold. Never mix in scraps of doubtful freshness . . . they may spoil a whole batch; and don't use lumps of fat.

If desired, add 1 level teaspoon of salt to the pound of ground meat, mixing well.

### Hot pack

1. Form ground meat into fairly thin cakes that can be packed in glass jars or tin cans without breaking.
2. Put meat cakes into cooking pan. Precook in oven until medium done or, when cut into, red color at center of cakes is almost gone.

# CANNING TIMETABLE

## Hot pack—Continued

3. Pack cakes hot. Leave 1 inch above meat in glass jars for head space;  $\frac{1}{2}$  inch in tin cans.
4. Skim fat off drippings and do not use the fat in canning.
5. Add water to the meat juice and use in filling jars or cans. Leave about 1 inch above meat in jars for head space;  $\frac{1}{2}$  inch in tin cans.
6. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars, and have cans filled to top.
7. Adjust lids on glass jars (p. 4); seal tin cans.
8. Process at once in the steam pressure canner at 10 pounds pressure (240° F.)—

Pint jars ..... 75 min. No. 2 cans ..... 65 min.  
Quart jars ..... 90 min. No. 2 $\frac{1}{2}$  and No. 3 cans ... 90 min.

## Raw pack

This method is suitable only for tin cans. It is difficult to get canned ground meat out of glass jars when packed this way.

1. Without forming cakes, pack raw ground meat solidly into tin cans level with the top.
2. Place open cans in large vessel with water about 2 inches below can rim. Cover vessel and heat at slow boil until meat in all cans is steaming hot and medium done, about 75 minutes. If you have a thermometer, meat is heated enough when center of can registers 170° F. Press meat down into cans about  $\frac{1}{2}$  inch below rim.
3. Seal tin cans.
4. Process at once in the steam pressure canner at 10 pounds pressure (240° F.)—

No. 2 cans ..... 100 min. No. 2 $\frac{1}{2}$  and No. 3 cans .... 135 min.

## SAUSAGE

Use any tested sausage recipe, but omit sage as it is likely to give the canned sausage a bitter flavor. Go easy with other spices, onion, and garlic, because flavors change with processing and storing.

Shape sausage meat into cakes. Precook, pack, and process like ground meat, hot packed.

## CORNED BEEF

### Hot pack

1. Wash the corned beef, cut into pieces suited to packing.
2. Cover meat with cold water and bring to boil. If broth tastes very salty, drain and cover meat with fresh water, and parboil again.
3. Pack hot meat. Leave about 1 inch above meat in glass jars for head space;  $\frac{1}{2}$  inch in tin cans.
4. Cover meat with hot broth or hot water, using about  $\frac{1}{2}$  to  $\frac{3}{4}$  cup for each quart container. Leave 1 inch for head space in jars; fill cans to top.
5. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars, and have cans filled to top.

6. Adjust lids on glass jars (p. 4); seal tin cans.
7. Process at once in the steam pressure canner at 10 pounds pressure (240° F.)—

Pint jars ..... 75 min. No. 2 cans ..... 65 min.  
Quart jars ..... 90 min. No. 2 $\frac{1}{2}$  and No. 3 cans .. 90 min.

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Acknowledgment is made to the research laboratories of the National Canners Association for aid in arriving at the processing times and temperatures given in this pamphlet.

# CANNING TIMETABLE

## HEART AND TONGUE

The heart and tongue are generally used as fresh meat. If you do wish to can them follow directions for beef, veal, pork, lamb as hot packed, with these differences:

**Heart.**—Remove thick connective tissue before cutting into pieces.

**Tongue.**—Drop tongue into boiling water and simmer about 45 minutes or until skin can be removed, before cutting into pieces.

## SOUP STOCK

1. Make fairly concentrated stock by covering bony pieces of chicken or other meat with lightly salted water and simmering until meat is tender. Don't cook too long, or soup will lose flavor.
2. Skim off fat, remove all pieces of bone, but don't strain out meat and sediment.
3. Pour hot stock into containers. Leave 1 inch at top of glass jars for head space; fill tin cans to top.
4. Adjust lids on glass jars (p. 4); seal tin cans.
5. Process at once in pressure canner at 10 pounds pressure (240° F.)—

Pint jars ..... 20 min. No. 2 cans ..... 20 min.

Quart jars ..... 25 min. No. 2½ and No. 3 cans.. 25 min.

## TO FIGURE YIELD OF CANNED MEAT FROM FRESH

Here is a table to help you figure how many glass jars or tin cans of meat you will get from a given quantity of fresh meat:

*For a quart jar or No. 3 can, allow about—*

- 5 to 5½ pounds of pork loin (untrimmed).
- 5 to 5½ pounds of beef rump (untrimmed).
- 3 to 3½ pounds of beef round (untrimmed).
- 4½ to 5½ pounds of chicken (dressed, undrawn) to be canned with bone.
- 7 to 8 pounds of chicken (dressed, undrawn) to be canned without bone.



## WHEN CANNING IS DONE

### Look for leaks

If you can in glass jars, test for leaks the day after canning when the jars are thoroughly cooled. (See picture story, p. 7.)

If you can in tin, examine seals when you wipe the cooled cans. (See picture story, p. 9.) Also set out any can that buckles and breaks its seams—too little food in the can, or too fast cooling causes this type of leak.

If any jar or can has leaked, either use the food at once or can it all over again, using another container. Heat the meat all through; then pack and process in the steam pressure canner for the same time as if meat were fresh.

### Label plainly

Label each good glass jar or tin can, so that you will know the contents and date. If you canned more than one lot in a day, add the lot number. Then if any meat spoils, destroy as directed (see last column, this page), and watch that lot of containers closely.

To fasten paper labels on tin, use rubber cement; or, if labels are long enough, put glue along one end and wrap label smoothly around the can and lap the glued end over the other.

Occasionally, a tin can packed too full bulges at the ends when processing is over. Mark such a can, so you won't confuse it later with any can that may bulge because food spoils in storage.

### Store cool and dry

Protect jars and cans of meat against bad conditions in storage—heat, freezing, dampness.

Heat is bad because if any bacteria do survive processing, the warmth may make them grow and multiply and spoil the food. Hot pipes behind a wall or strong direct sunlight sometimes make a shelf a hot spot.

Freezing does not spoil canned meat, but it may crack a jar or break a seal and let in bacteria. In an unheated storage place, you can protect canned meat from freezing to some extent by covering with old carpet or a blanket, or wrapping in newspapers.

Dampness is hard on tin cans or metal jar lids.

## GUARD AGAINST SPOILAGE

Before opening any glass jar or tin can for use, inspect it well.

**If it's a glass jar.**—A bulging lid or rubber ring, gas bubbles, leakage—any of these may be a sign of meat that has spoiled.

**If it's a tin can.**—Press the end. Neither end should bulge or snap back, unless the can was sprung when processed. Both ends should look flat and curved slightly inward. Seams should be tight and clean, with no sign of leaks.

**When you open a jar or tin can.**—Look for other signs inside a jar or can. Spurting liquid

and "off" odor are danger signals. A tin can should be smooth and clean inside and show very little corrosion.

If a metal lid of a jar or tin can has turned dark inside, this is not harmful. It is simply due to sulfur from the meat.

The broth over canned meats may or may not be jellied. If it is liquid, this is not a sign of spoilage.

It is possible for meat to contain the poison that causes botulism without showing any sign of spoilage. Heating will bring out a bad odor if botulinus toxin is present.

If the steam pressure canner is in perfect order and if every canning recommendation given has been accurately followed, there is no danger of botulism. But as a safety precaution, before tasting, turn out the meat into a pan, add a little water if needed, cover the pan and boil 20 minutes before adding any other ingredients. If any meat looks or smells queer after this, destroy without tasting.

If meat is not to be used at once or is to be used in salads or sandwiches, after boiling, chill immediately in a refrigerator or other place as cold.

Burn spoiled canned meat. Or add several spoonfuls of lye to the jar or can and let stand 24 hours—out of reach of children or pets. Then bury food and container. Play safe. Don't give people, animals, or poultry a chance to taste spoiled canned meat.

## MORE INFORMATION

Other publications available from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C., are—

Freezing Meat and Poultry Products for Home Use. AWI-75.

Beef on the Farm—Slaughtering, Cutting, Curing. Farmers' Bul. 1415.

Pork on the Farm—Killing, Curing, and Canning. Farmers' Bul. 1186.

Lamb and Mutton on the Farm. Farmers' Bul. 1807.

Curing Pork. Country Style. AWI-108.

Poultry Cooking. Farmers' Bul. 1888.

Meat for Thrifty Meals. Farmers' Bul. 1908.

Home Canning of Fruits and Vegetables. AWI-93.

Take Care of Pressure Canners. AWI-65.

The following publication is available from the U. S. Department of the Interior, Washington 25, D. C.

Recipes for Cooking Domestic Rabbit Meat. Wildlife Leaflet 240.

*Prepared by*

BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS

Agricultural Research Administration, U. S. Department of Agriculture

Washington, D. C.

February 1945

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This publication supersedes in part Farmers' Bulletin 1762, Home Canning of Fruits, Vegetables, and Meats.

Directions for canning fruits and vegetables are given in Home Canning of Fruits and Vegetables. AWI-93.

# OVEN DRYING

*One way to save  
Victory Garden Surplus*



U. S. DEPARTMENT OF AGRICULTURE  
AWI-59



If you have a gas or electric range in the kitchen—

The oven offers a simple and satisfactory way to dry fruits and vegetables for winter meals.



### Apples to Turnips

Most foods successfully dried in the sun or in a home drier can be dried in an oven.

The drying table in this folder gives directions for 39 fruits and vegetables—from apples to turnips. If there's a star on the list, it's dried sweet corn because of its good flavor and because corn is the hardest vegetable to can successfully at home.

Home drying doesn't suit lettuce, melons, cucumbers, radishes. Asparagus can be dried, but is not so good as most dried vegetables.

### Understand at the Start

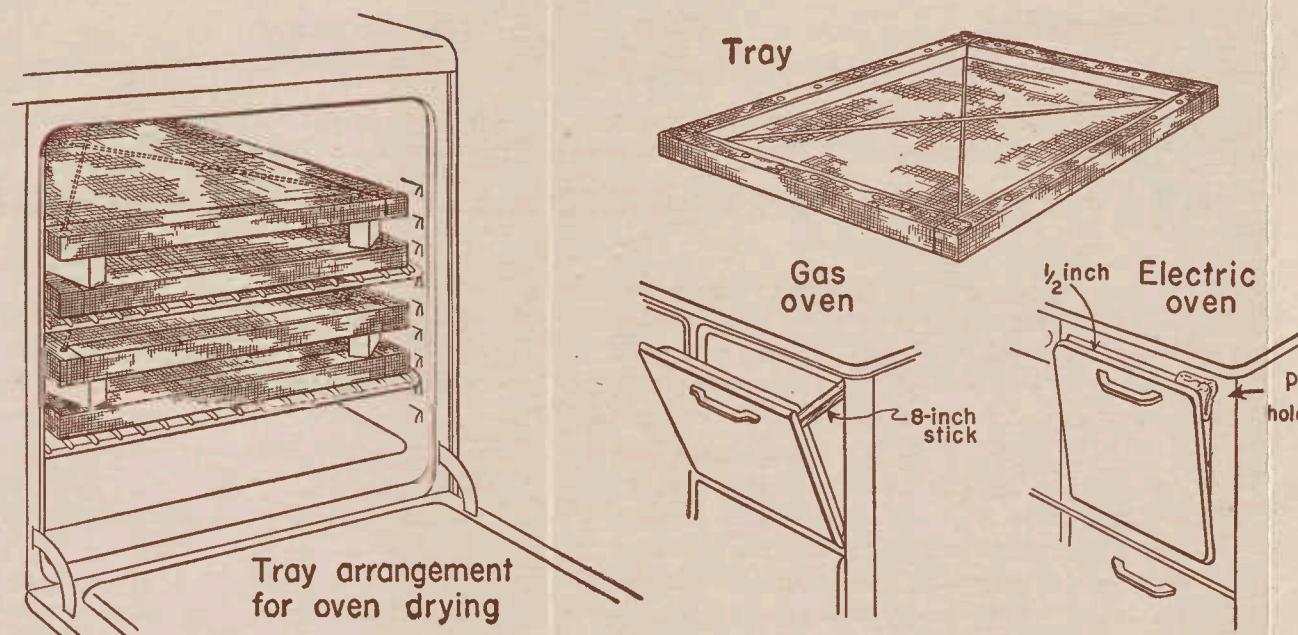
1. Oven drying is small-scale drying. An oven can take 4 to 8 pounds—preferably 6—of a prepared fruit or vegetable at one drying load. It takes most of a day for the load to dry.

2. Oven drying is a watchman's job. Never go off and leave food drying in an oven. Gas pressure may change. If trays should catch fire, turn off the heat and close the oven door.

### If You Buy Trays

You can buy trays or make them. Be very sure ready-made trays are right size for your oven. If bought trays have wire surface, cover with cotton netting so food won't stick, and so shredded or tiny pieces won't slip through. Metal trays cannot be used in sulfuring.

## EQUIPMENT NEEDED



### Tray Making

Materials: Soft lumber, nails or corrugated fasteners, coarse curtain netting, string, carpet tacks or thumbtacks.

Work Job: Measure the oven's inside length and width. Make each tray frame with outside dimensions  $1\frac{1}{2}$  inches smaller than the oven's inside length and width. This amount of space is needed for air to circulate.

Tack strings diagonally between corners of each frame. Stretch the strings tight and twist where they cross. Stretch a single layer of netting on top of the strings, tightly across the frame, turn in a hem, and tack down on the underside of the frame.

Care of Trays: These trays can be cleaned without taking apart. Just wash the netting with a brush and warm soapy water. Rinse, then dry trays in oven or sun.

Blocks for Tray Stacking: Cut blocks  $1\frac{1}{4}$  by  $1\frac{1}{4}$  by 3 inches. Cut as many as you need. See section on Loading and Stacking.

### Thermometer Needed

Without a thermometer it is almost impossible to control temperature in oven drying.

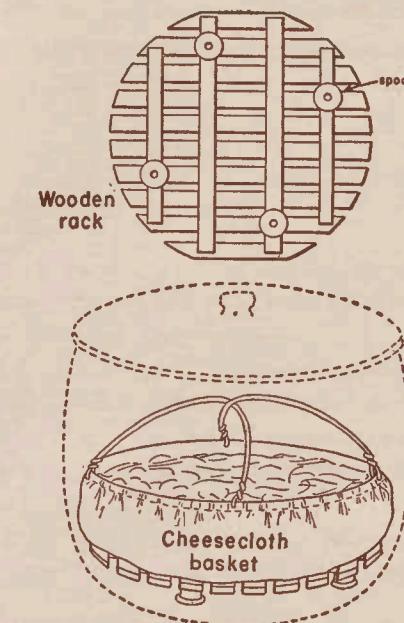
Any deep-fat, candy, dairy, or oven thermometer will do, provided it registers below  $150^{\circ}$  and up to  $250^{\circ}$  F. or higher.

### Kettle and Kit

To precook vegetables and fruits, use a preserving kettle or any good-sized cooking vessel.

Steam the food if you can. A steamer can be made: Use a kettle with tight-fitting lid and a colander, strainer, deep-fat frying basket, or cheesecloth basket resting on a rack of wire or wood. An easy-to-make rack with spool legs is pictured.

To make a cheesecloth basket: Cut a cheesecloth circle about 10 inches larger in diameter than your kettle. Run through a small hem a wire not likely to rust. Make the wire rim the



right size to go into the kettle easily. Use wire or cord for handles. Then you can lift the handles with a fork.

### Paring Knife

Pare with as sharp a knife as you have with a blade of stainless steel, glass, plastic, or silver—so foods won't be discolored.

### If You Sulfur Outdoors

If you can sulfur light-colored fruits outdoors, get a box big enough to be turned upside down over trays and a dish beside them. Cut a flap near bottom of box for air to enter. This flap is closed after the sulfur has burned.

The sulfur—1 level teaspoon per pound of prepared fruit—is wrapped in paper and put in a discarded dish or pan beside trays. The paper is lighted and the box set snug against ground over trays and dish to prevent loss of sulfur fumes.

# HOW TO DRY FOOD IN AN ELECTRIC OR GAS OVEN

## Have Food Ready

Choose for drying, fruits and vegetables that are fresh, ripe, sound—just right for table use. Decay on one slice of apple or mold on one bean may give bad flavor to a trayful.

Bring in from the garden or buy for drying only what you can dry at one time. Dry vegetables promptly to hold flavor and food value.

Wash food well. Get off every trace of dirt, spray, or any insecticide.

## Pretreatment for Fruits

Apples and other light-colored fruits tend to darken in drying and storage.

Best known way to hold their color—and flavor and vitamins A and C—is to sulfur them.

Outdoors, use the sulfur box described. Or working indoors, soak fruit 15 minutes in a solution of 3½ tablespoons potassium metabisulfite or sodium sulfite to 1 gallon water. A druggist may order, if you can't buy either of these locally. Don't be concerned if sulfured food has a strong odor or taste when dried. The taste disappears during cooking.

Two less effective ways to treat light-colored fruits are: (1) Dip in a salt-water bath of 4 to 6 tablespoons salt to 1 gallon water for about 10 minutes. (2) Precook fruits, except apples, in steam or boiling water until tender but firm.

## Pretreatment for Vegetables

See Drying Table for special treatment for certain foods.

For precooking vegetables, best choice is to steam over a little boiling water. If you can't steam for lack of a kettle with a lid, cook in enough boiling water to cover. See Drying Table for steaming time. Boiling takes less time than steaming, but cook until tender but firm is the general rule.

## Oven Ready on Time

When food is ready, have the oven ready, too. Set one oven rack about 3 inches from the oven floor and the other rack, if there are two, just far enough above for two trays to be stacked between.

Don't turn on the top unit in an electric oven. If necessary, remove it.

Turn on the current or light the gas burner 15 minutes before drying time. If there's a regulator, set it at 150°, 200°, or 250° F., whichever is lowest setting on your oven. If a gas stove has no regulator, turn the flame very low. Be careful throughout drying lest the flame go out unnoticed.

If it's an electric oven, keep the door closed while it warms. If it's a gas oven, prop the door open at the top corner with an 8-inch stick.

## Loading and Stacking

Spread food evenly, 1 to 2 pounds to each tray. The lighter load dries faster. If a gas-oven floor has corners cut out, don't spread food on tray corners—it will scorch.

If you dry different foods at one time, don't include onions, celery, kale, or other foods with strong flavor or odor.

Stack two loaded trays together, using a wood block at each corner, so air can circulate between trays. Place one stack on each oven rack; or, if there is only one rack, use extra blocks and stack three or four trays together.

Number trays "1" to "4" and mark front and back to help keep track of tray positions.

## Not Too Hot

Put the thermometer on the top tray. Temperature should stay about 150° F. Prop an electric oven door open by tucking a folded pot holder in top corner to make about a half-inch crack. Prop a gas oven door open 8 inches at top. The right opening helps control heat and lets out moist air.

If you can't keep oven heat down to 150° F., prop the door a little wider; or in a gas range, reduce flame by turning oven-valve handle toward "off" position. As you turn it, watch lest the flame go out.

## Be a Clock Watcher

Temperature and air flow are not the same everywhere in an oven. Trays nearest oven ceiling and floor dry fastest. So—

About every half hour take each stack out. If food is more than one layer deep on a tray, stir or turn pieces so they can dry evenly. Returning stacks to oven, change places of top and bottom stack and turn back to front.

Every hour or two reverse trays in each stack, making upper tray serve as lower.

If oven has only one rack, treat four trays as two stacks when you shift and turn. If there are three trays, shift bottom tray to top, top to middle, middle to bottom.

Most vegetables take 4 to 12 hours to dry; fruits, 6 hours or longer.

## When Food Is Done

Fruits should be dried to a moisture content of 10 to 15 percent; vegetables, 5 to 10 percent.

When food seems done, take a sample out; cool it. Test according to the Drying Table.

Food that overheats near the end of drying will scorch easily. If pieces around tray edges dry first, take them right out.

When rest of the food meets dry-enough test, turn off heat.

## DRYING TABLE FOR FRUITS AND VEGETABLES

1. Spread in single layers on trays unless otherwise noted.
2. Usual drying temperature is 150° F. Onions or cabbage

require temperature not above 135°. Open oven door wider if temperature cannot be otherwise controlled.

FOOD	PREPARATION FOR DRYING	DRYNESS TEST	FOOD	PREPARATION FOR DRYING	DRYNESS TEST
<b>FRUITS</b>			<b>VEGETABLES—Continued</b>		
Apples	Pare, core, and-cut in one-fourth inch slices or rings. Sulfur outdoors 30 minutes, or dip in solution. Spread not more than one-half inch deep on trays—overlap rings.	Pliable, springy feel, creamy white.	Carrots	Steam whole about 20 minutes, or until tender but firm. Scrape or peel. Slice crosswise one-eighth inch thick, or dice in one-fourth inch cubes. Or shred before steaming. Spread not more than one-half inch deep on trays.	Very brittle, deep orange.
Apricots	Same as peaches.	Pliable and leathery.	Cauliflower	Separate into flowerlets, cut large ones in half. Dip in salt solution (6 tablespoons salt per gallon of water). Steam 10 minutes, or until tender but firm.	Hard to crisp, tannish yellow.
Berries	No pretreatment. Leave whole, except cut strawberries in half.	No visible moisture when crushed.	Celery	Strip off leaves, cut stalks into one-half inch pieces. Steam 10 minutes or until tender. Stir occasionally during drying.	Very brittle.
Cherries	Remove stems and pits. If juicy, drain about 1 hour.	Leathery but sticky.	Corn	Husk, trim. Steam on cob until the milk is set, about 15 minutes. Cut from the cob. Spread one-half inch deep.	Shatters when hit with a hammer.
Figs	Steam or dip in boiling water for 1 minute. Peel if desired; cut large figs in half.	Glossy skin, slightly sticky.	Eggplant	Peel and slice one-eighth to one-fourth inch thick. Dip immediately in a solution of 6 tablespoons vinegar to 1 gallon water for 25 minutes. Steam at once for 5 to 10 minutes or until tender when tested with a fork.	Leathery to brittle.
Grapes	Leave whole, remove stems. Dip in boiling water to crack skins.	Pliable, dark brown.	Greens	Trim off tough stems. Steam 5 to 20 minutes or until tender. Spread leaves that mat, such as spinach, about one-fourth inch deep; others, not more than 1 inch.	Crisp, very dark green.
Nectarines	Same as peaches.	Pliable and leathery.	Mushrooms	Peel the larger mushrooms. Dry whole or sliced, depending on size. No precooking necessary. If stems are tender, slice for drying; if tough, discard. Spread not more than one-half inch deep on trays.	Leathery to brittle.
Peaches	Peel if desired. Cut in halves, remove pits. Sulfur outdoors, peeled 30 minutes, unpeeled 2 to 3 hours; or dip in solution; or precook. Dry pit side up.	Pliable and leathery.	Okra	Use young, tender pods only. Cut one-half inch, crosswise slices or split lengthwise. Steam 5 to 8 minutes. Spread not more than one-half inch deep on trays.	Very brittle.
Pears	Pare and remove core and woody tissue. Cut into one-fourth inch slices or rings, or into quarters or eighths. Sulfur outdoors 2 to 4 hours, according to size of pieces; or dip in solution; or precook.	Leathery, springy feel.	Onions	Peel, slice into one-eighth inch rings. Steam 5 to 10 minutes. If dried for seasoning, do not steam. (See note 2 at head of table.)	Very crisp.
Plums	Same as prunes. Use freestone kinds. Sulfuring 20 to 25 minutes helps them to keep better.	Pliable and leathery.	Parsnips	Same as carrots.	Very brittle.
Prunes	Cut in halves and remove pits or leave whole. Halves: No pretreatment. Whole: To soften and crack skins and to help fruit dry better, hold in steam or boiling water for 2 minutes, or dip in a boiling lye bath (3 tablespoons lye to 1 gallon water) for one-half minute.	Pliable and leathery.	Peas, green	Steam shelled peas 15 minutes, until tender but firm. Stir frequently during the first few hours of drying.	Shatter when hit with a hammer.
<b>VEGETABLES</b>			Peppers and pimientos	Cut in one-half inch strips or rings. Remove seeds. Steam 10 minutes. Spread rings 2 layers deep—strips not more than one-half inch deep.	Pliable.
Asparagus	Use 3-inch tips only, split lengthwise after cooking. Steam 10 minutes, or until tender but firm.	Very brittle, greenish black.	Pumpkin	Quarter, remove seeds and pith, cut in 1-inch strips, and peel. Slice strips crosswise one-fourth inch thick. Steam 8 to 13 minutes, until slightly soft but not sticky.	Leathery.
Beans, green lima	Shell. Steam 15 to 20 minutes, or until tender but firm.	Shatter when hit with a hammer.	Rhubarb	Cut in 1-inch lengths. Dip in actively boiling water 3 minutes.	Very brittle, dark green and red.
Beans, snap	Trim and slice lengthwise or cut in 1-inch pieces. Steam about 20 minutes, or until tender but firm. Spread about one-half inch deep on trays.	Brittle, dark green to brownish.	Rutabagas	Quarter, peel, cut in one-eighth inch slices or strips. Steam 15 minutes, or until tender but firm.	Leathery.
Beets	Trim off all but 1 inch of tops and roots. Steam whole about 30 to 60 minutes depending on size, or until cooked through. Cool and peel. Cut in one-fourth inch cubes, or slice one-eighth inch thick. Spread not more than one-fourth inch deep on trays.	Brittle, dark red.	Soybeans, edible green	Blanch pods in steam 10 to 15 minutes, or until beans are tender but firm. Shell.	Shatter when hit with a hammer.
Broccoli	Trim, slice lengthwise in one-half inch strips. Steam 10 minutes or until tender but firm.	Brittle, very dark green.	Squash, Hubbard	Same as pumpkin.	Leathery.
Brussels sprouts	Cut lengthwise, one-half inch thick. Steam until tender, 12 minutes.	Crisp.	Squash, summer and Zucchini	Trim, slice one-fourth inch thick without peeling, steam 6 to 8 minutes, or until just tender.	Leathery to brittle, yellow.
Cabbage	Trim, cut in strips one-fourth inch thick. Steam 5 to 10 minutes, or until tender but firm. Spread evenly to a depth of not more than 1 inch. (See note 2 at head of table.)	Crisp, pale yellow to green.	Tomatoes (meaty varieties only)	Dip in boiling water for 1 minute. Peel, remove stem end, slice one-eighth inch thick.	Leathery, dull red.
			Turnips	Same as rutabagas.	Leathery.

## Package Your Product

Cool the food, then package at once. Foods that seem "bone dry" may be spoiled by dampness in storage. Insect saboteurs can enter tiny cracks in a seal or seaming.

Fill containers as tightly as possible without crushing the food. This forces air out. Then seal tightly to keep air out.

Glass jars, the sort used in home canning, are especially good for dried foods. If old jar rings are used, use two for a tight seal. Or pack food in old coffee cans or other tins with a tight lid. You can use Scotch tape or adhesive tape, or cloth dipped in paraffin around a lid to help make a seal.

Another possibility: Use heavily waxed paper cartons with tight-fitting lids or get bags especially made for storing dried foods. These are moisture and vapor proof and can be sealed with a warm iron. Paper is not so safe from insects and mice, so store small packages in a crock, lard can, or tin with good lid.

Properly dried and stored, most vegetables keep well about 6 months. Tomatoes and mushrooms are exceptions; use within about 3 months. Fruits well dried keep a year or longer.

It pays to package vegetables in fairly small quantities. You can use small packets handily. Roughly, 1 to 2 cups of dried food serve 6—leafy vegetables take 4 to 6 cups . . . you can pack accordingly. Also, dried food is best soon after opening. And you don't expose the lot to air and possible dampness when you take out a little.

## Keep Dry, Cool, Dark

Store in a dry, cool place, to hold food value and flavor.

Dark storage helps dried food keep its color and flavor. If necessary, make a blackout for glass jars.

Examine dried food in storage occasionally. If you find signs of moisture, heat the food again to 150° F. for 15 minutes and repackage.

## For Good Eating

1. Soak dried foods in just enough cold water to cover, and just until food is plump. Few foods need more than 2 hours, some less. Dried greens, finely cut vegetables, thinly sliced fruits don't require soaking at all.

2. Use same water for cooking as for soaking.

3. Boil gently in covered pan, just until tender. Cooking time varies with the food and may be 10 to 30 minutes.

4. Sweeten fruits. Season vegetables with fat, meat, garlic, onion, or use in soups, stews, or baked dishes. You can add salt to vegetables any time—during soaking, while cooking, or before serving.

## Oven-Drying Arithmetic

The tabulation below gives some idea of the yield of dried food that can be obtained from a peck of a fruit or vegetable, as bought or picked. Weights per peck given below are approximate.

Apples	12 lb. yield 1½ lb. (3 pt.)
Beans, lima	7 lb. yield 1½ lb. (2 pt.)
Beans, snap	6 lb. yield ½ lb. (2½ pt., 1-inch pieces)
Beets	15 lb. yield 1½ lb. (3–5 pt.)
Broccoli	12 lb. yield 1¼–1½ lb. (12–15 pt.)
Carrots	15 lb. yield 1¼ lb. (2–4 pt.)
Celery	12 lb. yield ¾ lb. (3½–4 pt.)
Corn	18 lb. yield 2½ lb. (4–4½ pt.)
Greens	3 lb. yield ¼ lb. (5½ pt.)
Onions	12 lb. yield 1½ lb. (11½ pt., sliced; 4½ pt., shredded)
Peaches	12 lb. yield 1–1½ lb. (2–3 pt.)
Pears	14 lb. yield 1½ lb. (3 pt., quarters)
Peas	8 lb. yield ¾ lb. (1 pt.)
Pumpkin	11 lb. yield ¾ lb. (3½ pt.)
Squash	10 lb. yield ¾ lb. (5 pt.)
Tomatoes	14 lb. yield ½ lb. (2½–3 pt.)

## References

Other publications on methods of food preservation available from the United States Department of Agriculture are:

Wartime Canning of Fruits, Vegetables. 41-AWI.

Canning Tomatoes. 61-AWI.

Preservation of Vegetables by Salting or Brining. 1932-F.

Home Storage of Vegetables and Fruits. 1939-F.

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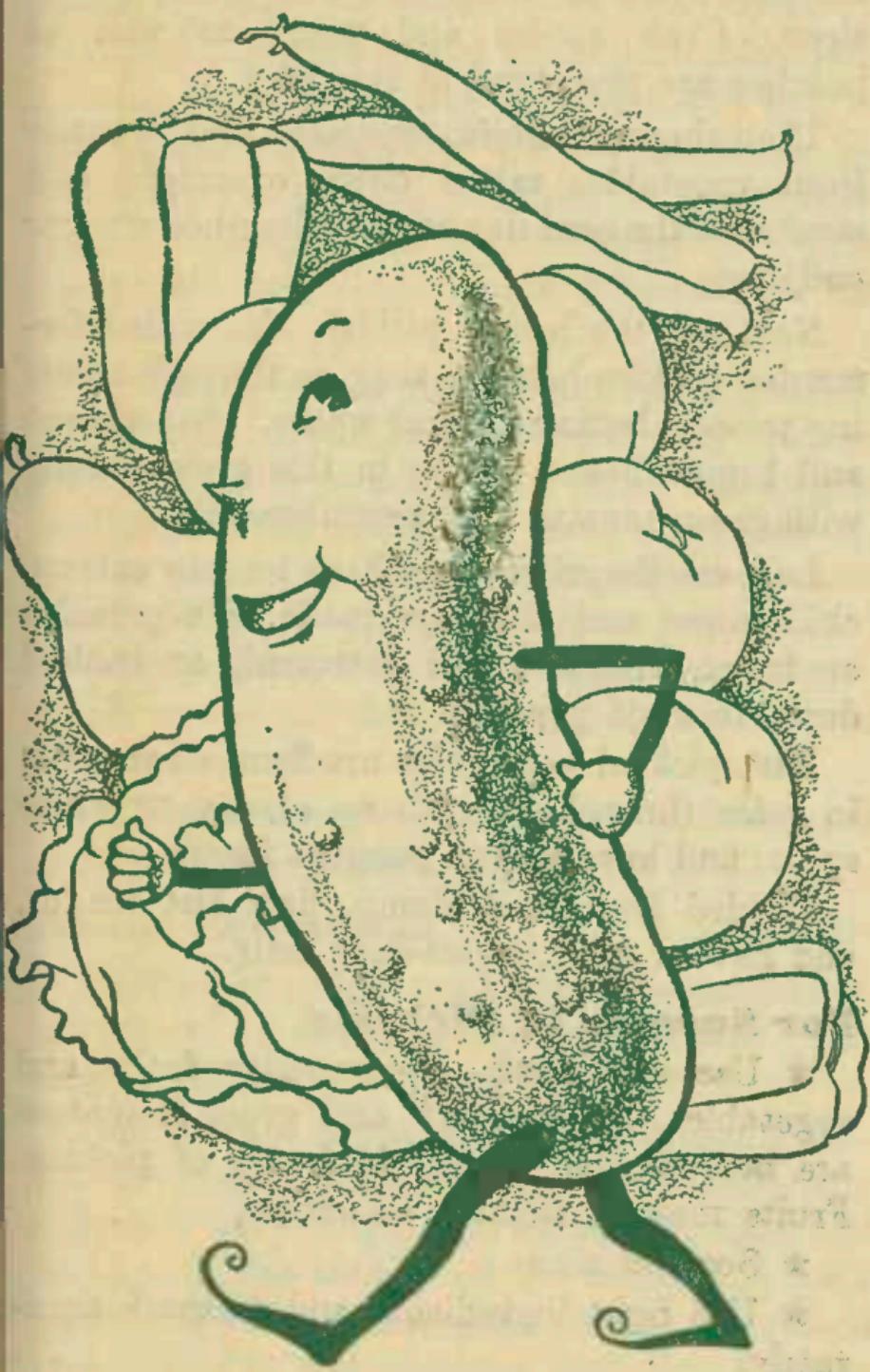
Agricultural Research Administration

U. S. Department of Agriculture

Washington, D. C.

August 1943

# Pickle and Relish Recipes



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I.S. DEPARTMENT OF AGRICULTURE

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# Kinds of Pickles



Pickled peaches, tart and sweet...dills with a tang...old-fashioned cucumber slices...piquant piccallili—these typify the four kinds of pickles made in the home.

Easiest to make are the fruit pickles which are left whole and simmered in a sweet-sour sirup. Crab apples and pears as well as peaches are preserved in this way.

Then there are quick-processed pickles made from vegetables salted down overnight and combined the next day with boiling-hot vinegar and spice.

Next are the brined pickles, also called fermented pickles because they go through a curing process lasting several weeks. Sauerkraut and brined beans belong in this group, along with green tomato and cucumber dills.

Last are the relishes, such as tomato catsup, chili sauce, and chutneys made of vegetables or fruits, chopped and seasoned, or cooked down to a spicy sauce.

Best pickled vegetables are firm, clear, even in color throughout with no cloudy or white spots, and have a tart, pungent flavor.

Pickled fruits are plump, firm but tender, and have a spicy, sweet-sour taste.

## For Success in Pickling

★ Use only fresh, good-quality fruits and vegetables. Cucumbers and green tomatoes are best pickled within 24 hours of picking. Fruits may be slightly underripe.

★ Sort for size.

★ Use right ingredients and measure accurately.

★ Follow directions exactly.

★ Store pickles—sealed airtight—in a cool, dry, dark place.

## **Right Ingredients**

... A good, clear, standard vinegar—free from sediment—one with 4 to 6 percent of acetic acid. This is stronger than the standard vinegar of 15 to 20 years ago which had about 3 percent acetic acid. For that reason, pickles made by old recipes may be more sour.

... Recipes in this pamphlet are based on the use of pure granulated salt. Medium granulated salt and flake salt—the kinds used in making butter or curing meat—are also satisfactory for brining, but you'll need to use 1½ times the amounts called for in these recipes.

If you can't get any of these pure salts, you can use table salt. But you may not get as good results because of the carbonates or bi-carbonates of sodium, calcium, or magnesium added to table salt to prevent lumping. With table salt use the amounts called for in the recipes.

... Whole spices for most cooked pickles. They keep flavor longer. And they can be tied in a cloth to cook with other ingredients and then lifted out before pickles are packed. Spices packed in the jars with pickles will turn them dark. When using a spice bag, be sure to have a clean, thin, white cloth large enough so juices can circulate through the spices and draw out the flavor.

... Limewater gives crispness to unfermented pickles such as pickled watermelon rind.

## **About Equipment**

For cooked pickles use kettles of enamelware, aluminum, or stainless steel to heat acid pickling liquids.

Don't use a copper kettle—as grandmother did—to make pickles bright green. Unless the copper is very bright and shiny, the acid will react with the tarnish on the metal and form poisonous salts. And don't use a galvanized pail. Acid or salt reacting with zinc forms a substance equally harmful.

To be sure of right results a scale is needed when making sauerkraut and watermelon pickle.

For brining, you'll need a crock or stone jar; clean, thin, white cloth; a heavy plate or round board cut to fit inside of crock and coated with paraffin; clean stones or paraffined bricks to hold cover down. Don't use limestone as a weight.

For sauerkraut, brined beans, corn relish, cucumber slices, a water-bath canner, home-made or ready-made, is necessary. Any big, clean vessel will do if it's deep enough to let water boil well over tops of the jars . . . has a good lid . . . and a rack to keep jars from touching bottom.

Rack may be of wire or wood, but don't use pine. If possible, have partitions to keep jars from touching one another or falling against the side of the canner.

Jars for pickles must seal airtight. Left in a crock or capped with paraffin, pickles are likely to mold and turn soft.

Use lightning-type jar or one with three-piece lid. See page 5. Don't use zinc lids or metal lids with self-sealing compounds. Sharp, acid foods like pickles will eat into metal if directly touching.

Use only perfect jars. Discard chipped, cracked, warped ones; dented, bent lids. Use clean, new rubber rings of the right size for your jars. Don't test by stretching.

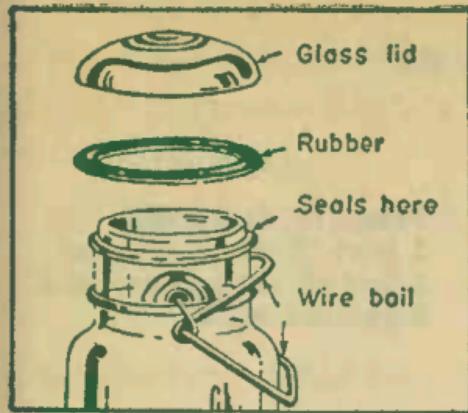
Scrub in hot, sudsy water all necessary equipment including jars, glass lids, metal screw caps, rubber rings.

Scrub new rubber rings with a brush; boil 10 minutes in 1 quart water and 1 tablespoon baking soda for each dozen rings. Rinse well. Use fresh soda water for each lot. This may help to keep rings from flavoring food.

Place clean jars, lids, and caps in warm water and bring to boil. Dip rubber rings into boiling water just before fitting on hot jars or lids.

To sterilize jars, lids. If jars of food are not to be processed, i. e., heated in a boiling-water bath, boil jars and lids 15 to 20 minutes just before packing with pickles.

## Fill Jars and Seal



Lightning-type jar is sealed with glass lid and rubber ring held in place by wire bail.

First step, fit hot, wet rubber ring on ledge at top of empty, hot jar.

For kraut and others processed in water bath, fill jar to within one-half inch of top. Wipe off any spilled food with a clean, hot, damp cloth. Put on hot glass lid. Push wire on top of lid so it fits into groove. Leave short wire up. After processing jars of food in boiling-water bath, push short wire quickly down to complete seal.

For other pickles, not processed, fill jar to top, wipe off any spilled food, seal tightly.



Glass lid and top-seal rubber ring, held in place by metal screw band, to fit standard Mason jars.

For kraut and others processed in water bath, fill jar to within one-half inch of top. Wipe off any spilled food with a clean, hot, damp cloth. Fit hot rubber ring on hot glass lid. Put lid on jar with rubber side down. Screw metal band on tight; then, using thumb as guide, turn back almost a quarter turn, or so that band and jar just mesh together. (Caution: If band is screwed too tight, jar may break.) After processing jars of food in boiling-water bath, screw band down tight at once.

For other pickles, not processed, fill jar to top, wipe off any spilled food. Fit rubber ring on hot glass lid. Put lid on jar with rubber side down; screw metal band on tight.

## PICKLED VEGETABLES

### Dilled Cucumbers or Green Tomatoes

40 to 50 medium-sized or large cucumbers, or green tomatoes.	Fresh or dried dill.
$\frac{3}{4}$ cup (2 oz.) whole mixed pickle spices.	1 pint (2 cups) vinegar. 1 pound (1½ cups) salt. 2 gallons water.

Wash and drain the cucumbers or green tomatoes. Place half of the pickle spices and a layer of dill in a 5-gallon crock or stone jar. Fill the crock with cucumbers or tomatoes to within 4 or 5 inches of the top. Mix well the vinegar, salt, and water and pour over the vegetable. Place a layer of dill and remaining pickle spices over the top.

Cover with a heavy plate and weight it to hold the vegetable under the brine. Use only enough brine to cover the plate, for as the liquid is drawn from the vegetable the crock may overflow.

Keep pickles at room temperature, about 70° F., and each day remove scum that forms over the top. Let pickles ferment until well-flavored with dill and clear throughout, with no white spots when cut. In about 2 to 3 weeks the pickles are ready to use.

To store. Pack the cured pickles in hot, sterile, quart glass jars (p. 4). Strain the pickle brine, bring to boil, and pour over pickles to top of jar. If desired, add  $\frac{1}{4}$  cup vinegar to each quart. Seal tightly.

With garlic. Add one-half pound garlic to above recipe. To prepare garlic break the clusters open and separate the cloves. Remove the thin, brown skin from each garlic clove. Add a few cloves with the first layer of dill and pickle spices. Fill the crock with alternate layers of cucumbers or tomatoes and garlic cloves to within 4 or 5 inches of the top. Continue as in above recipe.

Pickle pointers. When making dills, keep these points in mind:

★ Use right amount of salt. In a brine too weak, pickles spoil; in a brine too strong, they shrivel.

★ Have enough brine to cover well and keep pickles pushed under, or they're likely to mold and get slippery.

★ Take scum off top of brine every day or pickles may spoil.

## Cucumber Slices

1 peck (10 lbs.) small cucumbers.	$\frac{1}{2}$ cup sugar.
1 cup salt.	$\frac{1}{2}$ cup mustard seed.
Vinegar.	2 tablespoons celery seed.
	2 tablespoons pepper-corns.

Wash and cut cucumbers into slices about one-fourth inch thick. Put slices and salt in alternate layers in a crock or stone jar. Let stand overnight. Drain and press out all the juice possible. If too salty to taste, rinse in cold water. Measure. Heat to simmering half as much vinegar as cucumber slices; add sugar and seasonings. Pack cucumbers into clean, hot jars to within 1 inch of top. Fill jars with hot vinegar mixture to within  $\frac{1}{2}$  inch of top. Wipe off jar rims and adjust lids (p. 5). Boil jars 15 minutes in boiling-water bath (be sure water covers jars). Remove jars; complete the seals.

Cucumber slices and onion rings.—Add 2 quarts peeled and sliced small, white onions in alternate layers with cucumbers and salt. Continue as in above recipe.

## RELISHES

### Pepper-Onion Relish

1 quart finely chopped onion.	2 cups finely chopped green pepper.
2 cups finely chopped sweet red pepper.	1 cup sugar. 1 quart vinegar. 4 teaspoons salt.

Combine all ingredients and bring slowly to boil. Cook until slightly thickened. Pour into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly.

## Corn Relish

2 quarts corn (12 to 15 ears).	1 quart vinegar.
1 pint diced sweet red pepper.	2 tablespoons salt.
1 pint diced green pepper.	2 teaspoons celery seed.
1 quart chopped celery.	2 tablespoons dry mustard.
1 cup sliced onion.	$\frac{1}{4}$ cup flour.
1 cup sugar.	$\frac{1}{2}$ cup water.

To prepare corn, remove husks and silks; place in boiling water. Simmer for 10 minutes. Remove and plunge into cold water. Drain; cut corn from the cob. Do not scrape the cobs. Measure out 2 quarts.

Combine sweet red pepper, green pepper, celery, onion, sugar, vinegar, salt, and celery seed. Boil for 15 minutes. Mix mustard and flour; blend with the water. Add with the corn to pepper mixture. Stir and boil 5 minutes. Pack into clean, hot pint jars, filling to one-half inch of top. Adjust lids (p. 5) and boil jars 10 minutes in boiling-water bath (be sure water covers jars). Remove jars; complete the seals.

For added yellow color mix 1 teaspoon of turmeric with the mustard and flour.

Makes about 5 pints.

## Piccalilli

1 quart chopped green tomatoes.	1 small head cabbage, chopped.
2 medium-sized sweet red peppers, chopped.	$\frac{1}{2}$ cup salt.
2 medium-sized green peppers, chopped.	3 cups vinegar.
2 large mild onions, chopped.	1 pound (2 cups firmly packed) brown sugar.
	1 teaspoon mustard, or 2 tablespoons mixed pickle spices.

Combine the vegetables; cover with salt. Let stand overnight. Drain and press in a clean, thin, white cloth to remove all the liquid possible. Add the vinegar, sugar, and spices and simmer until clear. Pack into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 3 pints.

## **Green Tomato-Cabbage Relish (Bordeaux Sauce)**

4 quarts (about 24 to 28 medium-sized) chopped green tomatoes.	1 teaspoon ground allspice.
4 quarts sliced cabbage.	2 teaspoons celery seed.
3 cups chopped onion.	2 teaspoons mustard seed.
1 cup chopped sweet red pepper.	1 pound (2 cups firmly packed) brown sugar.
1/4 cup salt.	1 quart vinegar.

Sprinkle layers of tomatoes, cabbage, onion, and sweet pepper with salt. Let stand overnight; drain. Add allspice, celery seed, mustard seed, sugar, and vinegar. Boil 25 minutes or until there is just enough liquid left to moisten ingredients well. Pack into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 4 quarts.

## **Horseradish Relish**

Grate sound horseradish roots. Measure about one-half as much vinegar as horseradish, add one-fourth to one-half teaspoon salt for each cup of vinegar, and pour over grated horseradish. Pack at once into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly.

## **Tomato-Pear Relish**

2 1/2 cups fresh or canned (No. 2 can) tomatoes.	1 teaspoon salt.
2 1/2 cups fresh or canned (No. 2 can) diced pears.	1/2 teaspoon ground ginger.
1/2 cup chopped green pepper.	1/2 teaspoon dry mustard.
1/2 cup chopped onion.	1/8 teaspoon cayenne pepper.
1 cup sugar.	1/4 cup chopped canned pimiento,
1/2 cup vinegar.	

Combine tomatoes, pears (if canned use pears and sirup), green pepper, onion, sugar, vinegar, salt, ginger, mustard, and cayenne pepper. Boil slowly 1 hour, stirring occasionally, until somewhat thickened. Add pimiento; boil 3 minutes longer. Pack into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 2 pints.

## Chili Sauce

4 quarts (24 to 28 medium-sized) peeled and chopped tomatoes.	1 bay leaf.
2 cups chopped sweet red pepper.	1 teaspoon whole cloves.
2 cups chopped onion.	1 teaspoon ground ginger.
1 hot pepper, chopped.	1 teaspoon ground nutmeg.
2 tablespoons celery seed.	2 three-inch pieces stick cinnamon.
1 tablespoon mustard seed.	1 cup firmly packed brown sugar.
	3 cups vinegar.
	2 tablespoons salt.

Combine the tomatoes, sweet pepper, onion, and hot pepper. Put the celery seed, mustard seed, bay leaf, cloves, ginger, nutmeg, and cinnamon loosely in a thin, white cloth; tie top tightly; add to tomato mixture and boil until one-half original volume. Stir frequently to prevent sticking. Add the sugar, vinegar, and salt. Boil rapidly, stirring constantly, about 5 minutes. Pack into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 3 quarts.

## Catsup

2½ quarts (15 to 17 medium-sized) sliced tomatoes.	1 teaspoon whole cloves.
¾ cup chopped onion.	1 cup vinegar.
3-inch piece stick cinnamon.	½ cup sugar.
1 large garlic clove, chopped.	1¼ teaspoons salt.
	1 teaspoon paprika.
	Dash cayenne pepper.

Simmer together tomatoes and onion for about 20 to 30 minutes; press through a sieve. Put the cinnamon, garlic, and cloves loosely in a clean, thin, white cloth; tie top tightly; add to vinegar and simmer 30 minutes. Remove spices. Boil sieved tomatoes rapidly until one-half original volume. Stir frequently to prevent sticking. Add spiced vinegar, sugar, salt, paprika, and cayenne pepper to tomato mixture. Boil rapidly, stirring constantly, about 10 minutes or until slightly thickened. Pour into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 2 pints.

## **Tomato-Apple Chutney**

3 quarts (18 to 20 medium-sized) chopped tomatoes.	3 cups chopped onion.
3 quarts (12 to 15 medium-sized) chopped apples.	2 cups seedless raisins. 4 teaspoons salt.
1 cup chopped green pepper.	4 cups firmly packed brown sugar. 4 cups vinegar. 1/3 cup whole mixed pickle spices.

Combine tomatoes, apples, green pepper, onion, raisins, salt, sugar, and vinegar. Put spices loosely in a clean, thin, white cloth; tie top tightly; add to tomato mixture. Bring to a boil; simmer 1½ hours; stir frequently. Remove spices. Pack chutney into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 3 quarts.

## **SAUERKRAUT**

### **Crock or Stone-Jar Method (5 gal.)**

40 to 50 pounds cabbage. 1 pound salt.

Remove the outer leaves and wash cabbage; drain. Cut in halves or quarters; remove the core. Shred about 5 pounds of cabbage at a time and, using the hands, mix thoroughly with 3½ tablespoons salt. Measure carefully... oversalting prevents proper fermentation.

Pack the salted cabbage firmly and evenly with a wooden spoon or tamper into a 5-gallon stone jar. Repeat shredding, salting, and packing of cabbage until jar is filled to within 4 to 5 inches of top. Press firmly enough without pounding to draw out enough juice to cover cabbage by the time jar is filled.

Cover cabbage with 2 or 3 layers of thin, white cloth and tuck the edges down against inside of jar. Cover with a plate or paraffined board that fits loosely inside jar. Weight with paraffined brick or stone heavy enough so liquid comes over plate.

Remove scum every few days. Wash cloth, plate, and weight when removing scum. In cool weather let kraut ferment about 4 weeks; in warm weather, only about 2 weeks to prevent spoilage.

**To store.** Pack kraut into clean, quart jars to within 1 inch of top. Fill with juice to within one-half inch of top. If more juice is needed, add boiling hot brine ( $1\frac{1}{2}$  tablespoons salt to 1 quart water). Set jars in a pan of cold water; water should come to shoulder of jar. Bring water slowly to boiling, then remove jars. Wipe off jar rims and adjust lids (p. 5). Boil jars 30 minutes in boiling-water bath (be sure water covers jars). Remove jars; complete the seals. Makes 15 to 18 quarts.

## Kitchenette or Glass-Jar Method

20 to 25 pounds cabbage.  $\frac{1}{2}$  pound salt.

Remove the outer leaves and wash cabbage; drain. Cut in halves or quarters; remove the core. Shred about 5 pounds of cabbage at a time and, using the hands, mix thoroughly with  $3\frac{1}{2}$  tablespoons salt. Measure accurately...oversalting prevents proper fermentation.

Pack into clean glass jars, pressing down firmly and evenly. Fill with cabbage to shoulder of jar ( $1\frac{1}{2}$  to 2 inches from top) and be sure juice completely covers cabbage. A quart jar takes about 2 pounds of cabbage.

Wipe off top of jar. Cover cabbage with two or three layers of thin, clean, white cloth, and tuck edges down against inside of jar. Crisscross two dry, clean wood strips (ice-cream spoons or wooden garden labels cut to right size are suitable) over cloth to keep cabbage pressed under brine. Put lid on jar; don't seal tightly.

Set jars on a tray or pan to catch juice that leaks out. Keep at room temperature, about  $70^{\circ}$  F. is best. Every few days, remove scum if it forms. Add a little weak brine to keep cabbage covered ( $1\frac{1}{2}$  tablespoons salt to 1 quart water). Let ferment about 10 days, or until liquid settles and bubbles no longer rise to surface.

If you are planning to use the kraut in a few weeks, it isn't necessary to process in a boiling-water bath. Seal the jars tightly and keep in a cool place.

**To store.** Remove lids and set jars in a pan of cold water; water should come to shoulder of jars. Bring water slowly to boiling; then remove jars. Add boiling hot weak brine, if needed, to fill jar to within one-half inch of top. (To make additional brine use recipe above). Wipe off jar rims. Adjust lids (p. 5); boil jars 30 minutes in boiling-water bath (be sure water covers jars). Remove jars; complete the seals. Makes 8 to 10 quarts.

## VINEGAR-BRINED SNAP BEANS

$\frac{1}{2}$  bushel (14 to 15 pounds) snap beans.       $1\frac{1}{2}$  cups vinegar.  
 $1\frac{1}{2}$  gallons water.      1 cup salt.

Wash beans; remove tips and strings. Leave whole or cut in 1-inch pieces. Place in boiling water and let stand 5 minutes. Cool promptly by dipping in cold water.

Pack beans in a 3-gallon crock or stone jar to within 4 or 5 inches of the top. Cover beans with two or three layers of thin, white cloth and tuck the edges down against the inside of the jar. Cover with a plate or paraffined board that fits loosely inside the jar. Weight with a paraffined brick or stone.

Mix water, vinegar, and salt; stir until salt is dissolved. Pour brine over beans until it just covers plate or board. Keep at room temperature, about 70° F. Remove scum every few days, and wash plate, cloth, and weight. Let beans ferment for about 2 weeks.

**To store.** Pack beans well in clean jars to within 1 inch of top. Fill jars with brine to within one-half inch of top. If there is not enough brine, make additional by recipe above.

Set jars in a pan of cold water; water should come to shoulder of jar. Bring water slowly to boiling, then remove jars. Wipe off jar rims and adjust lids (p. 5). Boil jars—25 minutes for pints, 30 for quarts—in a boiling-water bath (be sure water covers jars). Remove jars; complete the seals. Makes about 10 quarts.

When serving vinegar-brined snap beans . . . remember they have an acid and salty flavor of their own.

Drain beans and cook with unsalted vegetables or, if used separately, rinse well, cover with fresh water, and boil 15 minutes or until tender. For a less acid flavor, soak beans a short time in cold water, changing water once or twice before cooking.

## FRUIT PICKLES

### Pickled Peaches

8 pounds small- or medium-sized peaches.	8 two-inch pieces stick cinnamon.
2 tablespoons whole cloves.	4 pounds sugar. 2 quarts vinegar.

Wash and pare peaches and stick two cloves in each peach. Or put cloves and cinnamon loosely in a clean, thin, white cloth and tie top tightly. Cook together spices, sugar, and vinegar for 10 minutes, or until the sirup is fairly thick. Add the peaches; cook slowly until tender, but not broken. Let stand overnight.

In the morning remove spices if they have been cooked in a bag. Drain the sirup from peaches and boil sirup rapidly until thickened. Pack peaches in clean, hot, sterile jars (p. 4). Pour sirup over the peaches, filling jars to top. Seal tightly.

Keep in a cool place for several weeks before serving, to blend the flavor.

### Pickled Pears

8 pounds pears.	2 tablespoons whole allspice.
10 two-inch pieces stick cinnamon.	4 pounds sugar.
2 tablespoons whole cloves.	1 quart vinegar. 1 pint water.

Seckel pears. Wash the pears; remove the blossom ends only. Boil the pears for 10 minutes in water to cover. Drain. Prick the skins. Put spices loosely in a clean, thin, white cloth; tie top tightly. Boil together

for 5 minutes the spices, sugar, vinegar, and 1 pint water. Add the pears and boil for 10 minutes or until pears are tender. Let stand overnight. In the morning remove the spice bag. Drain sirup from the pears and bring sirup to boiling. Pack pears in clean, hot, sterile jars (p. 4). Pour sirup over the pears, filling jars to top. Seal tightly.

**Kieffer pears.** Wash the pears, peel, cut in halves or quarters, remove hard centers and cores. Boil pears for 10 minutes in water to cover. Use 1 pint of this liquid in place of the pint of water in recipe above. Finish in the same way as Seckel pears.

## Pickled Crab Apples

Follow the directions for Seckel pears, but omit cooking in water and pricking the skin of the fruit.

## Watermelon Pickle

4 pounds prepared thick watermelon rind.	2 tablespoons whole allspice.
Limewater made with 2 quarts cold water and 2 tablespoons of lime (calcium oxide, purchased from drug store).	2 tablespoons whole cloves.
	10 two-inch pieces stick cinnamon.
	1½ quarts vinegar.
	1 quart water.
	4½ pounds sugar.

Select thick rind from a firm, not overripe melon. To prepare, trim off the green skin and pink flesh. Weigh 4 pounds of the remaining portion and cut in inch pieces. Soak for 2½ hours in limewater. Drain, cover with fresh water, and cook for 1½ hours or until tender. Add more water as needed. Let stand several hours or overnight. Drain.

Put spices loosely in a clean, thin, white cloth; tie top tightly. Bring to boiling the spices, vinegar, 1 quart water, and sugar. Add the watermelon rind and boil slowly for 2 hours, or until the sirup is fairly thick. Remove spice bag; pack watermelon rind in clean, hot, sterile jars (p. 4). Pour sirup over rind, filling jars to top. Seal tightly.

## **REFERENCES**

Other publications on food preservation available from the United States Department of Agriculture, Washington 25, D. C., are—

Home Canning of Fruits and Vegetables.  
AWI-93.

Take Care of Pressure Canners. AWI-65.

Oven Drying—One Way to Save Victory Garden Surplus. AWI-59.

How to Prepare Vegetables and Fruits for Freezing. AWI-100.

Home-made Jellies, Jams, and Preserves.  
Farmers' Bul. 1800.

Home Storage of Vegetables and Fruits.  
Farmers' Bul. 1939.

Preservation of Vegetables by Salting and Brining. Farmers' Bul. 1932. (Recipes for sauerkraut and vinegar-brined snap beans in this pamphlet are adapted from directions given in Farmers' Bul. 1932.)

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# HOME CANNING of fruits and vegetables

## *Seven Points for Success*

1. Can only fresh food, in tiptop condition.
2. Have food, jars, everything used in canning thoroughly clean.
3. Work quickly, so as to can "freshness."
4. Heat food hot enough and long enough to make bacteria and other organisms harmless, so they won't "work" in the food and make it spoil.
5. Follow up-to-date directions and timetables, backed up by scientific research.
6. Make sure jars are sealed airtight, to keep spoilage organisms outside.
7. Store canned food in a cool, dark, dry place.

## RIGHT METHOD FOR EACH FOOD

In the air, water, and soil at all times, there are tiny organisms—molds, yeasts, and bacteria—that cause fresh food to spoil.

When you can fruits and vegetables, you heat them hot enough and long enough to make these organisms harmless, so the food will keep. Heating in a canner is called processing.

**For fruits, tomatoes, pickled vegetables**—use a boiling-water bath. You can process these acid foods safely in boiling water.

**For corn, peas, beans, and other common vegetables (except tomatoes)**—use a steam pressure canner. To process these foods safely in reasonable time takes a temperature higher than boiling. It takes 240° F. or higher. The only way to get these high temperatures is to hold steam under pressure.

New pressure canners are being manufactured all the time. They are no longer rationed.

If you have no pressure canner, team with someone who has. Or maybe you can go to a community canning center.

### A word of warning on other canning methods:

**OVEN CANNING** is dangerous in more ways than one. Even though the oven goes to 250° F. or higher, food in the jars stays at about boiling point (212°). For vegetables, that's not hot enough to make bacteria harmless.

Also, oven canning has caused serious accidents to persons and property. When jars seal during processing, steam builds up inside the jars and they may explode. The oven door may fly off...glass may fly out...you may be hit and seriously hurt by the flying pieces...and your kitchen wrecked.

## GETTING YOUR EQUIPMENT READY BEFORE CANNING TIME

**Steam pressure canner.**—Before each canning season make sure your pressure canner is in perfect working order.

Check a dial-type pressure gage to find whether it registers right. Ask the dealer from whom you bought the canner if he can do this testing for you, or try your county home demonstration agent. If you must send the gage to the manufacturer, pack it like delicate glass.

If you find your gage is 1 to 4 pounds off, be sure to allow for this; see page 5. If it is 5 or more pounds off, get a new gage.

A weighted type gage needs only to be thoroughly clean; it needs no adjustment.

Wash a pressure canner thoroughly before and after each using. Never put the lid into water.

Be sure that pet cock, safety valve, and edges of lid and canner are clean at all times. If the openings to pet cock and safety valve are not absolutely clear, use a toothpick or small pointed tool to clean them. Pull a string or thin strip of cloth through the opening.

**Water-bath canner, home-made or ready-made.**



Any big, clean vessel will do for a boiling water-bath canner, if it's deep enough to let water boil well over the tops of the jars...has a good lid...and a rack to keep the jars from touching bottom.

The rack may be wire or wood, but don't use pine. Have partitions in rack, if possible, to keep jars from touching one another or falling against the side of the canner.

If a steam pressure canner is deep enough, you can use that for a water bath. Set the lid loosely; don't fasten or let stick. And have the pet cock wide open, so that steam escapes all the time the water boils.

**Jars, lids, rings.**—Use only perfect ones. Discard chipped, cracked, warped jars; dented, bent lids. Use clean new rubber rings of the right size for your jars. Don't test by stretching.

Wash jars and lids (all but metal lids with sealing compound) in hot soapy water and rinse well. Be sure you have the right lid to fit every jar.

## KNOW YOUR JARS AND HOW TO SEAL THEM

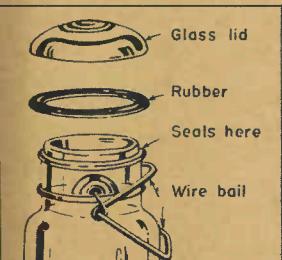
Main types are:



Zinc porcelain-lined cap with shoulder rubber ring, to fit standard Mason jar.

**When canning.**—Fit wet ring down on jar shoulder, but don't stretch more than needed. Fill jar. Then screw cap down firmly and turn it back  $\frac{1}{4}$  inch.

**After canning.**—As soon as you take jar from canner, quickly screw cap down tight, to complete seal.



Lightning-type jar is sealed with glass lid and rubber ring, held in place by wire bail.

**When canning.**—Fit wet rubber ring on ledge at top of empty jar. Fill jar. Put on glass lid. Push long wire over top of lid, so it fits into groove. Leave short wire up.

**After canning.**—As soon as you take jar from canner, quickly push short wire down to complete seal.



Glass lid and top-seal rubber ring, held in place by metal screw band, to fit standard Mason jar.

**When canning.**—Fill jar, fit rubber ring on glass lid. Put lid on jar with rubber side down. Screw metal band on tight . . . then, using your thumb as a guide, turn back almost a quarter turn, or so that band and jar just mesh together. Caution: If the band is screwed too tight, the jar may break.

**After canning.**—As soon as you take jar from canner, screw band down tight.

**Next day.**—When jar has cooled, take off screw band if you can without forcing. If the band sticks, cover for a minute or two with a hot, damp cloth, to loosen.



Flat metal lid edged with sealing compound, held in place by metal screw band, to fit standard Mason jar.

**When canning.**—Fill jar; put lid on so that sealing compound is next to glass. Screw metal band on firmly, but not so hard that you cut through the compound. When screwed down firmly, this lid has enough "give" to let air escape during canning.

**After canning.**—This is a self-sealer. Leave "as is" when you take from canner. Don't tighten further; you may break the seal.

**Next day.**—When jar has cooled, take off screw band if you can without forcing. If band sticks, cover for a minute or two with a hot, damp cloth, to loosen.



Coffee or other commercial jars—"63's"—with flat metal lid edged with sealing compound, bought new, held in place by metal screw cap that came with jar.

From old metal cap pry out paper lining or boil and scrape out sealing compound. Punch from inside a small hole or two in the cap. Then the cap will act as a screw band.

**When canning.**—Fill jar. Put lid on, so sealing compound is next to glass. Screw metal cap on firmly, but not so hard that you cut through the compound. When screwed on firmly, this lid has enough "give" to let air escape during canning.

**After canning.**—This is a self-sealer. Leave cap "as is" when you take from the canner. Don't tighten further, or you may break the seal.

**Next day.**—When jar has cooled take off screw cap if you can without forcing. To loosen the cap if it sticks, cover for a minute or two with a hot, damp cloth.

## FOOD—RIGHT AND READY

The fresher the food is, the better looking, better tasting canned product it makes. Also, the better its chances to keep.

Choose fresh, firm, ripe fruits; young, tender vegetables. Can them quickly. "Two hours from garden to can," is a good rule.

If you must hold fruits or vegetables, keep them cool and well ventilated. If you buy food to can, try to get local produce.

To help you figure how much canned food you'll get from a certain quantity fresh, see pages 13 and 15.

Sort the food for size and ripeness—it will cook more evenly. Don't use any food for canning that shows signs of decay. Even if you cut the bad spots out, bacteria may lurk in the rest and spoil the whole batch. Set aside soft but sound fruit for juice or jam.

Wash off every trace of dirt. Earth contains some of the bacteria hardest to kill. Wash small lots of food at a time, and if necessary put through several waters. But don't let food soak—you lose food value. Lift food out of water, so you won't drain dirt back on it. Handle food gently, don't bruise it.

**Heat before packing.**—Heating food before it is canned is called precooking. The quick heating shrinks food, so that more will go into jars. Also, packing it hot shortens the processing time in the canner.

Have hot liquid ready to combine with the solid food. It usually takes  $\frac{3}{4}$  to 1 cup of liquid to a quart jar to fill in around solid food and cover it well.

## PRECOOKING FRUITS— with or without sugar

Heat fruits one of these ways—in fruit juice, in sirup, or in water. Some fruits when heated yield enough juice of their own without more liquid. Adding sugar before heating fruit will help to draw out juice. See canning table, pages 12–13, on how to prepare each fruit.

**To extract juice.**—Crush and heat soft but sound juicy fruit to boiling. Keep heat low, so fruit won't stick to pan. Strain, and sweeten if desired.

**To make sirup.**—Boil sugar and juice or water for 5 minutes. Remove scum.

Sirup	Sugar (Cups)	Juice or water (Cups)
Thin.....	1	3
Moderately thin.....	1	2
Medium (for sour fruit)....	1	1

The general wartime rule is 1 pound of sugar (2 cups) to 4 quarts of canned fruit.

Use honey, if you wish, to replace as much as half the sugar called for in canning; or use corn sirup to replace as much as one-third.

Don't use sirups that have strong flavor. Don't use brown sugar or unrefined sirups like sorghum; they may cause the food to spoil.

Don't use saccharin; it may give the canned food a bitter flavor.

**Without sugar.**—Sugar helps canned fruit hold its shape, color, and flavor. But sugar isn't necessary to keep fruit from spoiling. If your sugar runs short, put up some fruit without sugar, and sweeten to taste when you serve. Process unsweetened fruit the same as sweetened.

## PRECOOKING VEGETABLES

Add boiling water to vegetables (except tomatoes) and bring to a rolling boil. Follow canning table directions for each vegetable, see pages 14–15.

## HAVE JARS HOT . . . FILL QUICKLY

Shortly before they are needed, place clean glass jars, glass lids, and metal screw caps in water and heat to boiling.

Use clean damp cloth to wipe metal lids edges with sealing compound, and dip into boiling water just before using.

Scrub rubber rings with a brush in hot soapy water. Then boil 10 minutes in water and baking soda (1 quart water, 1 tablespoon soda, to each dozen rings). Rinse well. Start with fresh soap and water for each lot. This may help to keep rings from flavoring food.

For shoulder-seal jars, put a hot wet rubber ring on each hot jar just before filling.

Have food boiling hot and work briskly. Pack fairly loosely. It's hard for heat to get to center of a tight pack.

Cover with boiling liquid.

Leave space at the top for food to expand. This is called head space. The canning table, pages 12 and 14, tells how much to leave. Wipe out air bubbles with a knife blade.

Use a clean, damp cloth to wipe the rubber or sealing edge clean. One seed or sticky bit can keep lid from making an airtight seal with jar.

Adjust the jar lid, as each kind requires.

## INTO THE CANNER

**Using a water-bath canner.**—Have water boiling in the canner. Put in jars as soon as packed. Add boiling water if needed, to bring water level over jar tops. Put lid on canner.

Count time as soon as water comes to a rolling boil. Keep boiling steadily for as long as the timetable directs for the food you are canning.

If you live at an altitude of 1,000 feet or more, you will need to process longer, see page 12.

Add boiling water if needed, to keep the jar tops covered.

**Using a pressure canner.**—Follow the manufacturer's directions for your own canner—especially for a wartime model. Here are general pointers:

Before you put in jars, have 2 or 3 inches of boiling water in canner, so it won't boil dry and be damaged.

Place hot, filled jars on rack. Don't let them touch or tip over. Steam must flow around and over each jar.

Fasten the canner cover securely, so that no steam escapes except at the open pet cock. If the cover has thumb nuts, grasp opposite nuts and tighten part way. Then continue around the cover, gradually tightening each pair. Repeat until all nuts are tight.

Watch until steam pours steadily from pet cock or weighted-gage opening. Let it pour 10 minutes or more, so all air is driven from canner, leaving only steam inside. Then close the pet cock or put on the weighted gage and let pressure rise to 10 pounds.

If your dial gage has been reported 1 to 4 pounds off, you can correct for it this way:

*If it is reported high—*

- 1 pound high—process at 11 pounds.
- 2 pounds high—process at 12 pounds.
- 3 pounds high—process at 13 pounds.
- 4 pounds high—process at 14 pounds.

*If it is reported low—*

- 1 pound low—process at 9 pounds.
- 2 pounds low—process at 8 pounds.
- 3 pounds low—process at 7 pounds.
- 4 pounds low—process at 6 pounds.

The moment right pressure is reached, start counting time as the canning table directs for the food you are canning. If you live at an altitude of 2,000 feet or more, you will have to use more pressure. See page 14.

To keep pressure even, adjust heat under canner. Keep drafts from blowing on canner. Uneven pressure may force liquid out of jars. Never try to lower pressure by opening the pet cock.

When time is up, slide canner away from heat. Never try to rush the cooling by fanning the hot canner or pouring cold water on it...you may crack or ruin your canner.

When the pressure returns to zero on dial-type gage, wait a minute or two, then slowly open pet cock. (Waiting longer may make it hard to get the lid off.) Then unfasten the cover and tilt the far side up, so the steam escapes away from you.

## OUT OF THE CANNER

As you take each jar from the canner, complete the seal at once if jars are not self-sealing. The

directions on page 3 tell how to adjust each kind.

If liquid boiled out in canning, seal the jar "as is." Opening a jar to put in more liquid would let in bacteria. Then you'd have to process all over again. Food high and dry may turn dark, but being dry won't cause it to spoil.

Cool jars right side up. Give each jar room so that air can get to all sides. Never set a hot jar on a cold surface or in a draft. Too sudden cooling may break the jar. On the other hand, don't slow down cooling by putting a cloth over jars. This may cause the food to spoil.

## CANNING JUICES TO DRINK

Soft tomatoes or fruits—not firm enough for canning, yet not overripe—make first-rate juice. Be sure there are no bad spots.

Sugar helps to hold color and flavor in fruit juices, but you can do without it.

Juices may be canned in glass jars, or if you have a canner, use bottles with crown caps. Don't try to seal bottles with corks dipped in wax or paraffin...these won't stand processing.

Get glass jars and lids ready, and use them just as in other canning.

If using bottles, see that each is smooth at top, free from nicks and cracks. Wash bottles and heat to boiling, like glass jars. Don't wash crown caps; wipe with a clean, damp cloth. Dip cap in boiling water before using.

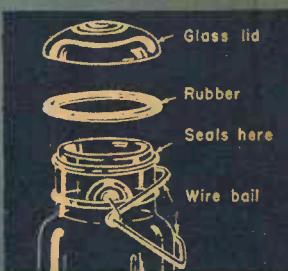
Follow canning-table directions, on page 13. Handle small batches, so you can work quickly. Leave  $\frac{1}{2}$  inch head space in bottles,  $\frac{1}{4}$  inch in jars. Seal bottles tight; adjust jar lids.



# THIS IS THE WAY . . .

Any fruit is canned very much like this; see pages 12 and 13. And you can use any of the jars described on page 3.

These pictures show the lightning-type jar.



1. Choose peaches that are sound, ripe, firm. Don't use any with decayed spots. Even if you cut out the spots, bacteria may lurk to spoil the rest.



2. Work with only enough for one canner load at a time. Wash fruit well. Lift out of water. Don't bruise.



3. For easy peeling, dip in boiling water about a minute or so, then dip quickly into cold water. A wire basket or cheesecloth will hold the fruit.



8. Meantime, heat clean jars and lids. Put hot wet rubber ring on jar, and pack peaches loosely, one at a time. Leave  $\frac{1}{2}$  inch head space.



9. Cover peaches with boiling liquid, still leaving  $\frac{1}{2}$  inch head space. It usually takes about  $\frac{3}{4}$  to 1 cup of liquid to each quart jar.



10. Work out air bubbles by running a knife blade down the sides of jar. Add more liquid if needed.



11. Wipe jar rim and ring with clean, damp cloth. One sticky can keep the jar from sealing tight. Put on glass lid.

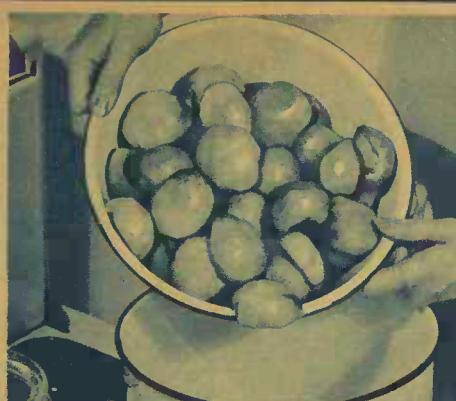
# ... TO CAN A FRUIT



Slip off skins; take out pits.  
Cut in slices or halves. To keep  
from turning dark, drop at once into  
gallon of water with 2 table-  
spoons salt, 2 of vinegar. Then  
drain.



5. If fruit is juicy, add sugar— $\frac{1}{2}$   
cup to each quart of uncooked  
peaches. Then heat to boiling and  
pack in its own juice.



6. For less juicy fruit—drop into  
boiling sirup. (See page 4.) Heat  
fruit through, but don't cook until  
soft.



7. If you're canning without sugar—  
cook fruit in its own juice. Or add  
just enough hot water to keep fruit  
from sticking to pan.



Push long wire bail over lid  
groove. Leave the short wire  
loose. Work fast and put jars  
in canner as soon as filled.



13. When all jars are in, see that  
water comes over tops. Put on  
canner lid. When water boils hard,  
count time, and process 20 minutes  
at sea level; longer at higher alti-  
tudes. (See page 12.)



14. When time's up, take out jars,  
quickly push the short wire down to  
complete seal of each jar. Protect  
your hands with thick cloth.



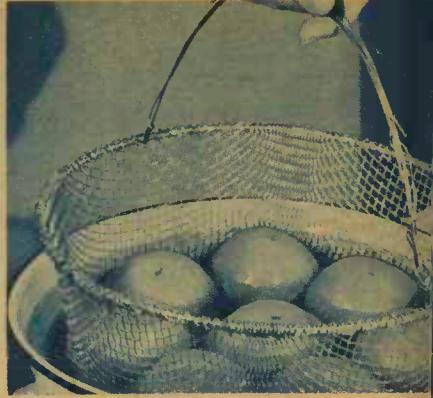
15. Set jars out to cool right side  
up, on thick cloth or paper. Keep  
them away from drafts or sudden  
cold. Don't cover.



# TOMATOES, LIKE FRUITS, TAKE

Can tomatoes to keep the fine red color, tangy flavor, and a goodly share of the vitamin C.

These pictures show the jar with 3-piece top seal. (See page 3 for other kinds.)



1. Look over every tomato. Use only the ripe, firm, and perfect. Even if you cut out a bad spot, bacteria may be left and ruin the whole batch.

2. Wash tomatoes clean in several waters. Don't bruise. Prepare only enough for one canner load at a time.

3. Put tomatoes in a wire basket or thin cloth. Dip into boiling water about a minute, then quickly into cold, for easy peeling.



8. Work out air bubbles with a knife blade. Add more juice, if needed.

9. Wipe jar rim with a clean damp cloth. A speck of food on the rim may prevent an airtight seal and cause the tomatoes to spoil.

10. Fit hot wet rubber ring on glass lid. There is a ledge on the underside where the ring fits like a collar.

11. Set the glass lid rubber side down on the jar, so that rubber ring and jar rim are in contact.

Can only ripe and perfect tomatoes

# THE BOILING WATER BATH



Cut out stem ends and peel. Quarter the tomatoes so they'll heat through quickly.



5. Heat tomatoes in their own juice. Stir while they heat, and let them come to a rolling boil. Meantime heat clean jars and lids.



6. When ready to pack, take one jar at a time from hot water. Fill with hot tomatoes. A funnel is handy. Cover with hot juice to within  $\frac{1}{2}$  inch of top.



7. Add salt—a teaspoon to each quart. Work fast, so tomatoes won't cool.



2. Screw metal band on tight. Then, using your thumb as a guide, turn back almost a quarter turn, or so that band and jar just mesh together. Put jars in canner as soon as filled.



13. Have water 1 or 2 inches over tops. Put on canner lid. When water boils hard, count time, and process 10 minutes at sea level—longer at higher altitudes. (See page 12.)



14. When time's up, take out one jar at a time and quickly tighten screw band. Keep jars top side up, and place on thick cloth or paper to cool.



15. While cooling, keep jars well apart and out of drafts. Next day remove screw bands if you can without forcing. If they stick, cover for a minute or two with a hot, damp cloth, to loosen.



# HOW TO CAN A VEGETABLE

All garden vegetables, except tomatoes, are canned like this (pages 14-15). You can use any of the jars described on page 3.

These pictures show the self-sealing type of jar.



1. Select beans fresh from the vines—  
young, tender, firm, and crisp.



2. Wash beans in several waters,  
until every trace of sand and grit is  
gone. Lift them out of water, so  
dirt won't drain back on them.



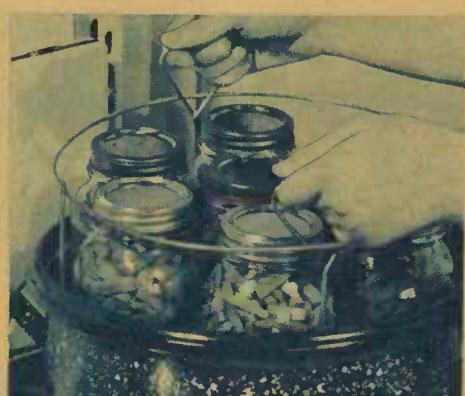
3. Trim and cut beans. Prepare  
only enough for one canner load  
at a time. When food stands  
around, the chances of spoilage are  
greater.



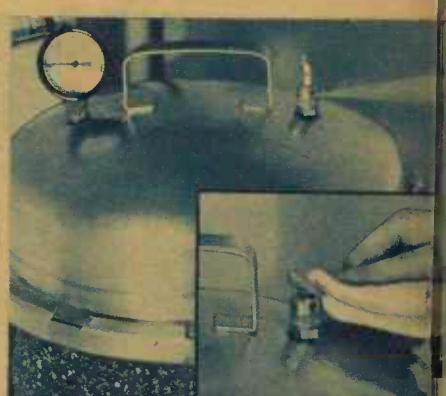
8. Wipe jar rim clean, so that no  
speck of food will keep the lid from  
making an airtight seal with the jar.



9. Dip flat metal lid in boiling water.  
Set it on jar so that sealing compound  
is next to glass. Screw metal band  
on firmly, but not so hard that the  
compound will be damaged.



10. Have 2 or 3 inches of boiling  
water in the pressure canner . . . so  
canner won't boil dry. Place jars so  
they won't touch. Steam must flow  
all around them.



11. Fasten canner cover with care.  
Let steam pour from open pet cock  
or weighted gage opening for at  
least 10 minutes. Then shut pet  
cock, or put on weighted gage.

# IN A PRESSURE CANNER



Cover beans with boiling water, and boil for 5 minutes. Meantime, have jars clean and hot.



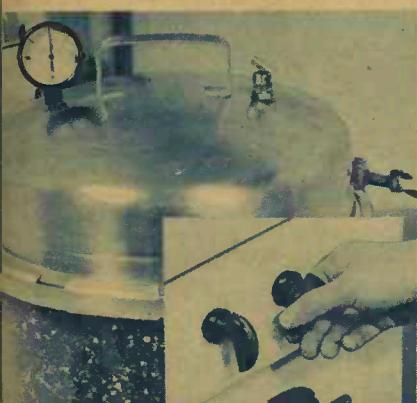
5. When you pack, take one jar from water at a time. Use clean cloths to protect your hands and to keep hot jars off cold surface.



6. Pack hot beans loosely. Cover with cooking liquid, leaving  $\frac{1}{2}$  inch head space. Work quickly.



7. Add salt . . . a teaspoon to each quart. Work out air bubbles by pushing a knife blade down the sides of the jar.



2. When pressure is at 10 pounds, count time—40 minutes for quarts of cans, 30 for pints, at sea level; for higher altitudes, see p. 14. Adjust heat to keep pressure steady. When time's up, slide canner from heat.



13. When pressure falls to zero wait a minute or two, no longer. Then slowly open pet cock, or take off weighted gage. Unfasten cover. Tilt far side up, away from your face.

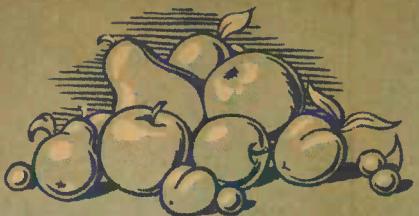


14. To take out jar, grasp the glass shoulder, not the metal cap. This jar is a self-sealer, so don't tighten it any more.



15. Let jars cool on rack or folded cloth, away from drafts. Next day take off screw bands if you can without forcing. If a band sticks, cover for a minute or two with a hot, damp cloth, to loosen.

**Keep pressure even, to hold juice in jars**



## Fruits, tomatoes, pickled vegetables

# CANNING

Time to process in  
boiling-water bath  
at 212° F.

### Wash With Care

Before starting to peel or cut any food for canning, wash it free from sand or dirt . . . through several waters if need be.

### Head Space

Leave  $\frac{1}{2}$  inch head space when you cover fruits, tomatoes, and pickled vegetables with liquid. This unfilled space is needed because food expands as it heats in canning.

### If You Live Above Sea Level

If you live 1,000 feet or more above sea level, you have to process your food in a boiling-water bath longer. The reason: water boils at a temperature below 212° F. at these higher altitudes. So you have to add time to make up for less heat.

Follow these rules: For each 1,000 feet above sea level add 1 minute to processing time given in table at right, if the time called for is 20 minutes or less. If the processing called for is more than 20 minutes, add 2 minutes for each 1,000 feet.

### Starting Hot

Processing times are for hot-packed food—as near boiling as possible when processing starts.

KIND OF FOOD	HOW TO PREPARE	Time to process in boiling-water bath at 212° F.	
		Pints	Quarts
Apples	Pare, core, cut in pieces. To keep from darkening, dip in a gallon of water containing 2 tablespoons of salt and 2 of vinegar. Steam or boil in thin sirup or water 5 minutes. Pack hot; cover with hot liquid. Adjust lids. Process for	Minutes	Minutes
	Or make applesauce, sweetened or unsweetened. Pack hot. Adjust lids. Process for	15	15
Apricots	Same as peaches.	10	10
Beets, pickled	Cook beets until tender in water to cover. Remove skins; slice. Pack hot. Cover with boiling liquid (2 cups vinegar to 1 cup sugar). Add 1 teaspoon salt to each quart jar. Adjust lids. Process for	30	30
Berries (except strawberries)	Drain well after washing. For firm berries, add $\frac{1}{2}$ cup sugar to each quart fruit, cover pan, bring to boil, and shake pan to keep them from sticking. Pack hot; cover with hot liquid. Adjust lids. Process for	15	15
	For red raspberries and other soft berries, fill jars with raw fruit and shake down for a full pack. Cover with boiling sirup made with juice. Adjust lids. Process for	20	20
Cherries	For pitted cherries, follow directions for firm berries. For cherries with pits, follow directions for firm berries but add a little water to prevent sticking. Adjust lids. Process for	15	15
Peaches	For easy peeling, put peaches in wire basket or cheesecloth and dip for a minute or two in boiling water, then quickly into cold. Slip off skins; take out pits. Slice or cut in halves. To keep from darkening, dip in a gallon of water containing 2 tablespoons of salt and 2 of vinegar; drain. If fruit is juicy, add $\frac{1}{2}$ cup sugar to each quart of raw fruit. Heat to boiling. For less juicy fruit—drop into thin to medium sirup, boiling hot, and just heat through. Pack hot; cover with boiling liquid. Adjust lids. Process for	20	20
Pears	Peel, cut in halves, core. Same as less juicy peaches.		

# TIMETABLE

## Fruits, tomatoes, pickled vegetables

KIND OF FOOD	HOW TO PREPARE	Time to process in boiling-water bath at 212° F.	
		Pints	Quarts
Pimientos, ripe	Place in hot oven for 6 to 8 minutes. Dip into cold water. Remove skins, stems, and seed cores. Pack and add $\frac{1}{2}$ teaspoon of salt to each pint. Do not add liquid. Adjust lids. Process for	40	
Plums, prunes	To can whole, prick skin. Or cut in half. Heat to boiling in juice, or in thin to medium sirup. Pack hot; cover with boiling liquid. Adjust lids. Process for	15	15
Rhubarb	Cut into $\frac{1}{2}$ inch lengths. Add $\frac{1}{2}$ cup sugar to each quart rhubarb and let stand to draw out juice. Bring to boil. Pack hot; cover with hot juice. Adjust lids. Process for	10	10
Sauerkraut	Heat well fermented sauerkraut to simmering—do not boil. Pack into jars; cover with hot juice. Adjust lids. Process for	25	30
Strawberries	Stem berries and add $\frac{1}{2}$ cup sugar to each quart of fruit. Bring slowly to boil. Remove from stove. Let stand overnight. Bring quickly to boil. Pack hot; cover with hot juice. Adjust lids. Process for	15	15
Tomatoes	Use only perfect, ripe tomatoes. Scald, remove stem ends, peel, and quarter. Bring to rolling boil; stir as tomatoes heat. Pack hot; add 1 teaspoon salt to each quart. Adjust lids. Process for	10	10
Tomato juice	Use soft but perfect tomatoes. Remove stem ends, cut into pieces. Simmer until softened. Put through a fine sieve. Add 1 teaspoon salt to each quart. Reheat at once just to boiling. Fill into hot jars or bottles at once. Leave $\frac{1}{4}$ inch head space in jars, $\frac{1}{2}$ inch in bottles. Adjust lids. Process for	15	15
Fruit juices	Berries, red cherries, plums, or blends of these—remove pits; crush the fruit. Heat to simmering. Strain through a cloth bag. Add sugar if desired—about $\frac{1}{2}$ to 1 cup sugar to 1 gallon of juice. Heat again to simmering. Fill into hot jars or bottles. Leave $\frac{1}{4}$ inch head space in jars, $\frac{1}{2}$ inch in bottles. Adjust lids. Process for	5	5
Fruit purées	Use soft, but sound fruit. Put cooked fruit through a fine sieve. Proceed as for fruit juices. Adjust lids. Process for	20	20

## TO FIGURE YIELD OF CANNED FRUIT FROM FRESH

Legal weight of a bushel of a fruit varies in different States. These are average weights:

Fruit	Fresh	Canned
Apples	{ 1 bu. (48 lb.) 2½-3 lb.	16-20 qt. 1 qt.
Berries, except strawberries	{ 24-qt. crate 5-8 cups	12-18 qt. 1 qt.
Cherries, as picked	{ 1 bu. (56 lb.) 6-8 cups	22-32 qt. 1 qt.
Grapes	{ 1 bu. (48 lb.) 2½-3 lb.	16-20 qt. 1 qt.
Peaches	{ 1 bu. (48 lb.) 2-2½ lb.	18-24 qt. 1 qt.
Pears	{ 1 bu. (50 lb.) 2-2½ lb.	20-25 qt. 1 qt.
Plums	{ 1 bu. (56 lb.) 2-2½ lb.	24-30 qt. 1 qt.
Strawberries	{ 24-qt. crate 6-8 cups	12-16 qt. 1 qt.
Tomatoes	{ 1 bu. (53 lb.) 2½-3 lb.	15-20 qt. 1 qt.

Acknowledgment is made to the research laboratories of the National Canners Association for aid in arriving at the processing times and temperatures given in this pamphlet.



# VEGETABLE CANNING

## Wash With Care

Before starting to peel or cut any food for canning, wash it free from sand or dirt . . . through several waters if need be.

## Head Space

Leave 1 inch head space when you cover starchy vegetables—peas, shelled beans, or corn—with liquid. Leave  $\frac{1}{2}$  inch head space for other foods in this table. This unfilled space is needed because food expands as it heats in canning.

## How Much Salt

Add 1 teaspoon of salt to each quart of vegetables, except greens, when packed. Use only  $\frac{1}{2}$  teaspoon salt for greens.

## If You Live Above Sea Level

If you live at 2,000 feet or more above sea level, you have to process your food with higher pressures than 10 pounds. The rule is: For each 2,000 feet above sea level add 1 pound pressure. Process the food for the same length of time given in the table at the right.

## Starting Hot

Processing times in the table are for hot packed food, as near boiling as possible when processing starts.

KIND OF FOOD	HOW TO PREPARE	Time to process in pressure canner at 10 pounds (240° F.)	
		Pints	Quarts
Asparagus	Trim off scales; cut into inch pieces. Cover with boiling water; boil 2 or 3 minutes. Pack hot; cover with hot cooking liquid. Adjust lids. Process for...	Minutes 35	Minutes 40
Beans	Fresh lima, shelled. Can only young, tender beans. Cover with boiling water; bring to boil. Pack hot; cover with fresh boiling water. Adjust lids. Process for...	45	55
	Snap. Cut into pieces. Cover with boiling water; boil 5 minutes. Pack hot; cover with hot cooking liquid. Adjust lids. Process for...	30	40
	Green soybeans, shelled. Cover with boiling water; boil 3 or 4 minutes. Pack hot; cover with fresh boiling water. Adjust lids. Process for...	60	70
Beets	Can only baby beets. Before washing, trim off tops, leaving 1 inch of stem. Boil until skins slip easily—about 15 minutes. Skin and trim. Pack hot; cover with fresh boiling water. Adjust lids. Process for...	40	45
	Pickled beets. See fruit and tomato canning table.		
Carrots	Scrape, slice. Cover with boiling water; boil 5 minutes. Pack hot; cover with hot cooking liquid. Adjust lids. Process for...	40	45
Corn	Whole-grain. Cut corn from cob so as to get most of the kernel but not the husk. To each quart of corn add 1 teaspoon salt and 1 pint boiling water. Heat to boiling and pack hot. Add no more salt and no extra water. Adjust lids. Process for...	65	75
	Cream-style. Too hard to process. Not recommended.		
Greens	Can only freshly picked, tender greens. Pick over; wash thoroughly. Cut out tough stems and midribs. Boil in a small amount of water, until wilted. Pack hot and loosely. Cover with hot cooking liquid; add boiling water if needed. Add $\frac{1}{2}$ teaspoon salt per quart. Adjust lids. Process for...	95	105

# T I M E T A B L E

KIND OF FOOD	HOW TO PREPARE	Time to process in pressure canner at 10 pounds (240° F.)	
		Pints	Quarts
Okra	Can only tender pods. Cover with boiling water; bring to boil. Pack hot; cover with hot cooking liquid. Adjust lids. Process for...	35	40
Peas	Green, shelled. Cover with boiling water; boil 5 minutes. Pack hot; cover with fresh boiling water. Adjust lids. Process for...	45	
	Black-eyed, shelled. Same as lima beans.		
Pimientos	See fruit and tomato canning table.		
Pumpkin	Peel and cut into 1-inch cubes. Add a little water and bring to boil. Pack hot; cover with hot cooking liquid. Adjust lids. Process for...	85	105
Sauerkraut	See fruit and tomato canning table.		
Squash	Summer. Do not peel. Otherwise same as pumpkin.  Winter. Same as pumpkin.		
Sweetpotatoes	Boil or steam until skin slips easily. Skin; cut into pieces. Pack hot; cover with fresh boiling water. Adjust lids. Process for...	100	110

We do not recommend home canning of:

Cabbage (except as sauerkraut), cauliflower, celery, cucumbers, eggplant, lettuce, onions, parsnips, turnips. The flavor and texture of the home-canned product is poor, or some of these vegetables are better stored.

Baked beans and foods of that kind. They are extremely difficult to process at home.

Vegetable mixtures. It takes special directions for each combination of foods. Under home conditions it is more satisfactory, and safer, to can foods separately and do the combining later.

## TO FIGURE YIELD OF CANNED FOOD FROM FRESH

Legal weight of a bushel of a vegetable varies in different States. These are average weights:

Vegetable	Fresh	Canned
Beans, lima, in pods	{ 1 bu. (32 lb.) 4 to 5 lb.	6-8 qt. 1 qt.
Beans, snap	{ 1 bu. (30 lb.) 1½-2 lb.	15-20 qt. 1 qt.
Beets, without tops	{ 1 bu. (52 lb.) 2½-3 lb.	17-20 qt. 1 qt.
Carrots, without tops	{ 1 bu. (50 lb.) 2½-3 lb.	16-20 qt. 1 qt.
Corn, sweet, in husks	{ 1 bu. (35 lb.) 6-16 ears	8-9 qt. 1 qt.
Greens	{ 1 bu. (18 lb.) 2-3 lb.	6-9 qt. 1 qt.
Peas, green, in pods	{ 1 bu. (30 lb.) 2-2½ lb.	12-15 pt. 1 pt.
Squash	{ 1 bu. (40 lb.) 2-2½ lb.	16-20 qt. 1 qt.
Sweetpotatoes, fresh	{ 1 bu. (55 lb.) 2½-3 lb.	18-22 qt. 1 qt.

Acknowledgment is made to the research laboratories of the National Canners Association for aid in arriving at the processing times and temperatures given in this pamphlet.

## "DAY-AFTER" CANNING JOBS

When jars have cooled overnight, take off screw bands that have a glass or metal lid underneath. You can use these bands to help seal other jars. If a band sticks, don't force it, but cover with a hot, damp cloth for a minute or two, to loosen.

Test jars for leaks. One test is to turn a jar partly over in your hands—but don't use this test for jars that were sealed with a band or cap screwed over a metal lid.

Test a flat metal lid by tapping the center with the tip of a teaspoon. If sealed right, it makes a clear ringing sound. A dull, flat note means a poor seal.

In general, a poor seal gives you one of two choices: Use the food up right away. Or can it again—that is, empty jars, heat the food, pack loosely, and process as if food were fresh. If a lid was at fault, use a new one.

Wipe each good jar clean and label it, so you will know the contents and date. If you canned more than one lot in a day, add a lot number. Then if a jar of food spoils, destroy as directed and watch that lot carefully.

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Other publications on food preservation available from the United States Department of Agriculture are—

Take Care of Pressure Canners. AWI-65.

Oven Drying—One Way to Save Victory Garden Surplus. AWI-59.

How to Prepare Vegetables and Fruits for Freezing. AWI-100.

Home-made Jellies, Jams, and Preserves. 1800F.

Preservation of Vegetables by Salting and Brining. 1932F.

Home Storage of Vegetables and Fruits. 1939F.

## WELL-CANNED FOOD DESERVES GOOD STORAGE

Store your canned food where it's cool, dark, dry. Protect the jars against bad conditions.

Warmth may make bacteria in the jars grow and multiply, and spoil the food. Hot pipes behind a wall sometimes make a shelf or closet a hot spot.

Freezing does not spoil canned food. But it may crack a jar or break a seal and let bacteria in. In an unheated storage place, you can protect canned food from freezing to some extent by covering with old carpet or a blanket, or by wrapping in newspapers.

Dampness is hard on metal caps.

Light fades canned foods, so they are less attractive; and the foods lose vitamins. For a simple "blackout" wrap each jar in dark paper.

## ON GUARD AGAINST SPOILAGE

Look closely at every jar of canned food before opening. Heed signs. A bulging lid or rubber ring, a leak, gas bubbles—these may mean the food has spoiled. When you open a

jar, look for other signs—spurting liquid, an "off" odor or color, or mold.

Corn, peas, snap beans, and tomatoes may "flat-sour" when not properly canned or properly cooled afterward. Other kinds of spoilage may also happen to food stored in too warm a place.

It's possible for foods to contain the poison that causes botulism without showing it. Boiling will usually show up botulinus poison by a bad odor. Destroy spoiled food by the methods given below.

If the pressure canner is in perfect order and if every canning step is well done, there is no danger of botulism. But unless you are absolutely sure about the canner and the way you've canned, boil home-canned vegetables before tasting. Bring to a rolling boil, cover, and boil for at least 10 minutes, adding water if necessary. Spinach and corn need 20 minutes. If the food then looks or smells queer, destroy it.

Burn spoiled food. Or stir several spoonfuls of lye into the jar of food with a stick and let stand 24 hours—out of reach of children or pets. Then bury food, lid, jar, stick, and all.

Play safe. Don't give people, animals, or poultry a chance to taste spoiled canned food.

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This publication supersedes AWI-41, Wartime Canning of Fruits and Vegetables, and AWI-61, Canning Tomatoes.

Prepared by

BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS

Agricultural Research Administration, U. S. Department of Agriculture

May 1944



# for the RADIO SPOT ANNOUNCEMENTS

Ladies, when you can fruits and vegetables at home, do you make sure that they're fresh as a sailor's whistle?

The U. S. Department of Agriculture reminds you that it's important to can freshness...because the fresher the food, the better-looking, better-tasting canned product it makes...and the better its chances to keep. When you can freshness, you can more food value for your family, because you capture more of the valuable vitamins.

So, choose firm, ripe fruits from your garden. Or, if you buy fruit to can, see that it's in tip-top condition. And pick young, tender vegetables...and can them quickly. You've heard the joke about the man who was determined he'd can 'em fresh...he wouldn't pick his Victory garden vegetables until his wife called from the kitchen that the water was boiling. That man went a bit far, but he had the idea. The canning specialists say this: "Two hours from garden to can is a good rule to follow...to make sure you're canning freshness."

I have a red string round my finger. It's to remind me...to remind you...that bright red tomatoes are ripe on the garden vine. And when it comes to putting up garden vegetables, those tomatoes well deserve to be saved. They're the home canner's delight, and for good reasons.

First of all, tomatoes are the easiest vegetable to can at home...because tomatoes, as you know, are canned safely in a boiling water bath. You don't need a steam pressure canner for tomatoes.

Point two, tomatoes--fresh or canned are rich in vitamin C. Point three, the tomatoes you can now, in summer, bring variety and flavor and color to meals you'll serve next winter.

And fourth, think how those tomatoes you put up at home ease the strain on blue stamps in your ration book.

Canning tomatoes--and other garden vegetables and fruits—is a war job. Home canning is one good way to conserve food. So keep on canning--and remember--tomatoes are tops.

In some parts of our country, home canners have a happy phrase for canning fruit. They say they're putting up pie timber. Right now, we're in pie timber season...and I've a message here for you, if there's surplus fruit you can save.

Cherries...berries...peaches...apples...plums (OMIT FRUITS NOT IN PROSPECT)...lots of fruits home-canned this summer will make first-rate timber for delicious pie next winter. Fruit canned now will hit the spot when other desserts besides pie are wanted... roly-poly, shortcake, pudding—and quickest and handiest of all, fruit served in its own juice.

So, home canners, don't let any good fruit go to waste. The fruit you conserve helps to make the nation's food supplies go round. Your canning puts nourishing food on your shelf...and it's yours without spending a blue ratiior point.

Fruits are canned at home safely in a simple boiling water bath. You don't need a steam pressure canner for them. Be sure to can only fruit at its best...fresh, ripe, and perfect. If you want up-to-date directions for canning fruit—write to the U. S. Department of Agriculture, Washington 25, D. C.

Calling all canners--calling all canners! Yes, it's the home canners of the country I'm paging. And here's your message, from the U. S. Department of Agriculture--

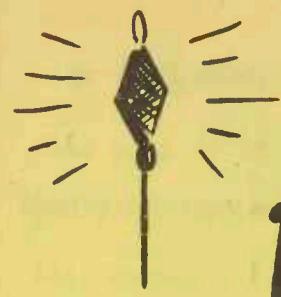
Keep on canning this summer. As the war goes forward, it's more important than ever to conserve all good food.

If you canned fruits and garden vegetables last summer, you were one of nearly 25 million home canners. That food you saved did a lot toward providing nourishing meals...and a lot to lighten the load on the nation's food supply.

For millions of families in this country, home canning is thrifty...and the food put up at home would take many a ration stamp.

So, if you have canning equipment, and fresh fruits or garden vegetables to save...keep on canning!

If you want up-to-date directions for home canning of fruits and vegetables, write to the U. S. Department of Agriculture, Washington 25, D. C.



# for the RADIO

A general talk on ...  
HOME FOOD PRESERVATION

Home canners...when you put up the food from your 1944 Victory Gardens, you performed a splendid service...not only for your own family, but for your country as well. You are well aware of how much the good home-canned fruit and vegetables have meant to your family these past months. I'd like to tell you how much this home food preservation has meant to the nation.

Your jars of fruits and vegetables...added to those from nearly 25 million other homes in the United States...totaled almost three and a half billion quarts. This included jams and jellies...pickles and preserves. And that home-preserved fruit has gone a long way toward feeding those of us on the home front. As a matter of fact, it has accounted for nearly half the canned vegetables and for two-thirds of the canned fruits that made up our total civilian supply of canned goods.

And that's why...in 1945...home canners are asked to give a repeat performance.

The need...this year...is even greater than it was in 1944. Right now, the supply of commercially canned fruits and vegetables available to civilians is less than at any time during the war.

There will not be enough commercially canned food to meet the civilian demand...at least not until the 1945 pack is marketed.

Even if the war in Europe is over, the demand for canned fruits and vegetables will continue to be great. The War Food Administration will continue to set aside a part of the commercial pack to meet military requirements at the Pacific front.

And that's the reason, Mrs. Home Canner, you're asked to help fill up the gap between supply and demand.

And that's the reason home canning is one of the nation's most important wartime programs on the home front in 1945.

And now...about the prospect for canning sugar and canning equipment.

First...as to sugar. Even though supplies for the country as a whole are down, the amount of sugar set aside for home canning is exactly the same as it was last year...700 thousand tons. And if home canners make sure to use all of their home canning sugar for that purpose alone, this 700,000 tons will be enough to produce a record amount of home-canned food this year.

Now...as to a pressure canner...if you don't have one, you'll be glad to know that manufacturers are authorized to turn out 630 thousand new aluminum pressure canners. That's about one-half more than were placed on the market last year. They will not be rationed. While they last, you'll be able to get them through regular retail channels. And remember, you need this steam pressure outfit for processing all vegetables except tomatoes. You can use it also as a water bath canner for fruits.

Next...about jars and lids. Chances are you'll be able to get all the jars and lids you need this year. A fair-sized stock was left over from 1944. There are no restrictions on manufacturing new ones. You'll probably find more two-piece metal lids and more zinc Mason caps on the market than you did last year.

As for jar rings...well, they'll still be made of synthetic and reclaimed rubber, but manufacturers are doing their best to improve the quality of these rings.

In about six thousand communities...freezer lockers will offer a good many families an economical way of putting up fruits and vegetables, as well as meats.

With years of successful canning experience to guide you, many of you need only to be reminded that home canning is still a wartime necessity, and you'll go ahead with your plans to put up a good supply of fruits and vegetables this summer.

For others of you, home canning is a new experience. You'll be glad to know that there are a number of places you can go for help and to learn to can efficiently.

One of these is the community canning center where you'll not only have the use of excellent canning equipment...you'll also have the help of trained supervisors...and you can band together with your neighbors to get the job done quickly.

Others who will be glad to help you with your home canning problems are members of your local nutrition committee and your home demonstration agent. You'll also be able to get information from the State Agricultural College and from the United States Department of Agriculture.

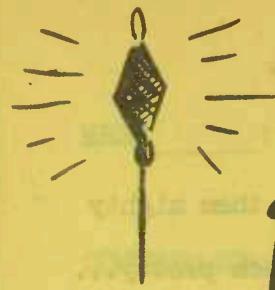
And now...in closing this mobilization call to home canners...I'd like to read a statement from the President of the United States.

"As we enter a new year...the demands for our food...at home and abroad...are so great that it is essential for every man and woman to do everything to help in the huge task of getting the food produced and seeing that it is conserved and shared. Many of our favorite foods are scarce.

"To this end...I ask the people in cities, towns and villages to assist our farmers in every way possible to reach the food goals which have been set for the year.

"I ask the millions of women who have preserved food at home so that our armed services could have the fruits and vegetables they need...to carry on until the war is won."





# for the RADIO

A sample script on . . .  
HOW TO GET SUGAR FOR CANNING

COMMENTATOR: Here we are—in the midst of home-canning time again. Victory Gardens are most all planted, strawberries are ripening in the patch, currants are turning. Yes, the canning season is here, all right. Have you got your sugar yet? This morning we asked a neighbor of ours, Mrs. \_\_\_\_\_, to come up to the studio. Maybe you've already met Mrs. \_\_\_\_\_ and know that she's one of the good cooks and capable homemakers in our community. Mrs. \_\_\_\_\_ has already arranged with her War Price and Rationing Board for her sugar for home canning this summer, and I want her to tell you just how she did it. Do you mind, Mrs. \_\_\_\_\_?

MRS. \_\_\_\_\_: Not at all. I'm glad to help out. Canning is one of my hobbies.

COMMENTATOR: That's fine, but I'd call canning a full-time job. How many jars of fruits and berries did you put up last summer?

Mrs. \_\_\_\_\_: Must have been about 300 to 400 quarts.

COMMENTATOR: Whew! and you call that a hobby! Just a part-time recreation?

MRS. \_\_\_\_\_: Well, I have a large family—and we need that much fruit to get us through the winter. But I like to can, anyway, always have. I think it's interesting to gather beautiful fruits and berries and put them up in different ways...trying to make them look and taste as attractive when they're canned as when they're fresh.

COMMENTATOR: Can you do that?

MRS. \_\_\_\_\_: Not exactly, of course. But my family seems to like them mighty well in the winter time. They are good. And they look pretty... rows of canned peaches, cherries, raspberries—

COMMENTATOR: Well, you don't need to tell me. I've had a glimpse of the shelves in your cold room. In fact, I think you're the one who got my wife enthusiastic about canning. But now about sugar, Mrs. \_\_\_\_\_.

MRS. \_\_\_\_\_: It was easy, Mr. \_\_\_\_\_. All I did was get an application form at my ration board, fill it out and mail it back to the board.

COMMENTATOR: I see....We have to apply at the ration board for all home-canning sugar this year, instead of having a stamp in our ration books for getting part of it, like we had last year.

MRS. \_\_\_\_\_: Yes, canning sugar is a kind of extra ration, like the "B" and "C" gas coupons that are not issued to everybody, but only to the people who need more.

COMMENTATOR: That's fair enough. Extra sugar only for those who really do home canning....

MRS. \_\_\_\_\_: That's the idea.

COMMENTATOR: Now, about this application blank you got at the ration board, Mrs. \_\_\_\_\_. What did it say?

MRS. \_\_\_\_\_: Oh, it asked how many cans of fruit we canned last year and how many I planned to can this year; and how much jam and jelly we made. Just questions that would show how much sugar we need this summer.

COMMENTATOR: Well, how do they figure on the sugar? For instance, jam has to be pretty sweet, but really ripe peaches don't need much sugar at all.

MRS. \_\_\_\_\_: For the jellies and jam, they'll allow only five pounds of sugar for each person in the family.

COMMENTATOR: So, for the six people in your family, you rated 30 pounds of sugar to make spreads for the gang? Well, then, what about the canned fruit?

MRS. \_\_\_\_\_: For the canned fruit, they figure one to four.

COMMENTATOR: You mean one pound of sugar to four quarts of fruit?

MRS. \_\_\_\_\_: That's right, one pound of sugar to sweeten four quarts of canned fruit.

COMMENTATOR: And how much of that can you have—ad libitum?

Mrs. \_\_\_\_\_: I'm afraid you'll have to speak English for me. But the limit on sugar for canning and preserving is 20 pounds for each person.

COMMENTATOR: Does that include the five pounds for jellies and jams?

MRS. \_\_\_\_\_: It does. Twenty pounds is the top amount that any one person can get — and the five pounds for jams and jellies must come out of that.

COMMENTATOR: That's a pretty generous sugar allowance, though, when you consider how short the sugar supply is this year.

MRS. \_\_\_\_\_: You bet it is. But, of course, everyone won't need the whole 20 pounds. We are supposed to apply only for enough sugar to take care of what we're actually going to can.

COMMENTATOR: Well this is all good news, Mrs. \_\_\_\_\_. Now, was that all you had to do to get your canning sugar--just fill out that application answering the questions?

MRS. \_\_\_\_\_: That's all there was to it, except I had to give them spare stamp No. 13 from ration book 4.

COMMENTATOR: Did you have to give them this spare stamp No. 13 for each person in the family?

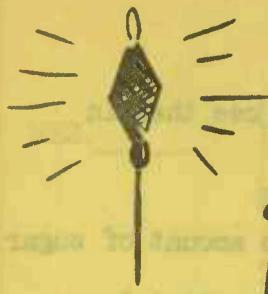
MRS. \_\_\_\_\_: Yes, for my crowd I attached six No. 13 stamps to my applications. And then the ration board sent me these coupons for the sugar, which I will give the grocer when I buy it. But, first, I must write my name and ration book number on the face of these coupons before I turn them in at the store.

COMMENTATOR: So, now, you've practically got your canning sugar in the bag. Once catch that, and with all the fruits and berries coming in, we can see that the \_\_\_\_\_ family will dine well for another winter.

Well, thank you, Mrs. \_\_\_\_\_, for coming over today and explaining how easy it is for any of us to make application for sugar to can our own fruits and berries at home.

These are the easy steps that Mrs. \_\_\_\_\_ has told us she followed in getting her sugar coupons. First, figure canning sugar needs carefully. Then, fill out an application form, which you can get from your ration board. Attach a Spare Stamp No. 13 from War Ration Book 4 for each member of the family, and send the application and the stamps back to the ration board. The board will allow coupons for your canning needs--up to 20 pounds of sugar all-told for each family member. Endorse your coupons and take them to your grocer.

Next week, we have invited Mrs. \_\_\_\_\_ to come back and talk with us again on how she plans to use her sugar allowance for home canning.



# for the RADIO

A sample script on . . .  
MAKING CANNING SUGAR GO FARTHER

COMMENTATOR: We've decided to discuss a mighty sweet subject today—sugar for home canning. We've all heard that 700 thousand tons of sugar have been set aside for home canners. This sounds like lots of sugar, but some homemakers have been wondering how it's going to divide up. Last week, Mrs. \_\_\_\_\_ told us how easy it is to apply to the ration board to obtain coupons for sugar to use in home canning. We've invited her to come back again this morning and tell us how she's planning to use this sugar. If you heard Mrs. \_\_\_\_\_ last week, you'll remember that there are six people in her family and she's planning on canning about 360 quarts of fruit. Golly, that's about a quart of fruit a day for your family, Mrs. \_\_\_\_\_.

MRS. \_\_\_\_\_: Lots of days it's two quarts of fruit a day. Canned fruit is one of our favorite desserts. I make pies, too, and fruit puddings. By spring—right now for instance, the shelves are practically bare.

COMMENTATOR: I can see you've got this all figured out — you know just how much canned fruit you're going to need before you start.... Do you plan ahead, too, how much of each kind of fruit you'll can?

MRS. \_\_\_\_\_: Yes, in a general way, though it depends some on how good the fruit season is.... But I do try to have a good variety, so

MRS. \_\_\_\_\_ : that we won't get tired of any one fruit and I can use them in  
(Cont'd.) lots of different ways.

COMMENTATOR: To go back to the sugar, do you really put the same amount of sugar  
in each can of fruit, no matter how sweet or how sour it is?

MRS. \_\_\_\_\_ : At first I did. But I soon decided I could make up some extra  
sugar for the sour fruits by cutting down on the amount I put  
into sweet fruits, like peaches.

COMMENTATOR: That sounds kind of hard on the peaches.

MRS. \_\_\_\_\_ : Well, it isn't at all. In fact, some of the fruits I can  
without any sugar at all, or just a little bit.

COMMENTATOR: But do they keep?

MRS. \_\_\_\_\_ : Of course. Sugar doesn't help preserve canned fruit, it merely  
improves the flavor and helps to keep the color.

COMMENTATOR: Without sugar they must taste terrible.

MRS. \_\_\_\_\_ : Not at all—the fruits canned without sugar are the ones that I  
use for pies and puddings. When I make these I add sugar and flour  
mixed together to sweeten and thicken the juice a little. And  
this sugar I save up during the winter from our regular rations.  
So then I have some extra to use for canning the fruits that  
need a little more when they're canned.

COMMENTATOR: That's a dandy idea—the fruits for pie, you can without sugar.  
What other tricks do you have for making canning sugar go farther?

MRS. \_\_\_\_\_ : Sometimes I use a light-colored, mild-flavored corn syrup.

COMMENTATOR: Instead of sugar?

MRS. \_\_\_\_\_: Instead of part of the sugar. That is, along with the sugar.

For instance, if you want to use one cup of sugar, you may use only  $\frac{2}{3}$  cup of sugar with  $\frac{1}{3}$  cup of sirup.

COMMENTATOR: I see, you are really replacing  $\frac{1}{3}$  of the sugar with corn sirup.

That's an easy rule to remember. What about using honey?

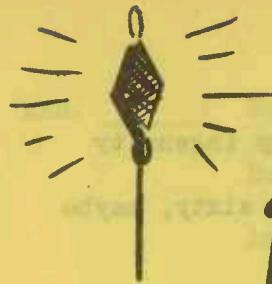
MRS. \_\_\_\_\_: Honey is all right if the flavor is all right. But of course you must be sure that you like the combination of honey and fruit, for it does taste quite different, especially if the honey has a strong flavor of its own.

COMMENTATOR: Well, provided you like it, would you use the same amount of honey as sirup—that is to replace  $\frac{1}{3}$  of the sugar?

MRS. \_\_\_\_\_: Yes, that would be good to try, or even as much as a half, if you are sure of it.

COMMENTATOR: Mrs. \_\_\_\_\_, we thank you. You've made our outlook brighter and sweeter. By canning our pie and pudding fruit without sugar, we can give an extra fillip to the sour fruits, or a dash of sirup or honey. With your helpful advice, we certainly will make our canning sugar do its patriotic duty this summer.





# for the RADIO

A sample script on . . . GETTING THE MOST OUT OF THE SUGAR RATION FOR JAMS AND JELLIES

COMMENTATOR: It's a lucky day for us fellows who like something sweet to spread on our bread, for Mrs. \_\_\_\_\_ (NAME AND TITLE) is here to talk about sugar in making jams and jellies...and judging by what I hear around our house lately, there's going to be quite a demand for fruit spreads to take the place of butter this year.

MRS. \_\_\_\_\_: Yes, homemade jams and jellies help a lot when we have to spread the butter thinner than we'd like...But, of course, we're not going to be able to have all the jams and jellies some of us would like, either—

COMMENTATOR: You mean, on account of the sugar—?

MRS. \_\_\_\_\_: That's right. Sugar is shorter this year than it was last year, and each person will be allowed to use only five pounds of the canning sugar ration to make jams, jellies and pickles.

COMMENTATOR: Well — that doesn't sound like very much...but I'll bet you have some ideas for making it go farther.

MRS. \_\_\_\_\_: Yes, I do have a few...Let's take my family and see how it works out. For the six people, that makes 30 pounds of sugar we'll be able to use for jams and jellies....

COMMENTATOR: Well, if there are 2 cups of sugar in a pound...

MRS. \_\_\_\_\_: Yes.

COMMENTATOR: That's 60 cups of sugar or 60 glasses of jelly. Doesn't it take one cup of sugar to make a glass of jelly?

MRS. \_\_\_\_: Yes, just about. But I believe that by using my ingenuity I can get a better yield than that. Instead of sixty, maybe a hundred or more glasses.

COMMENTATOR: Whew! What kind of magic is that?

MRS. \_\_\_\_: Oh, just a few tricks of the trade. For instance, I'll not make much real jelly, but instead use the fruits and berries in jams and preserves.

COMMENTATOR: So you'll use more fruit and less sugar?

MRS. \_\_\_\_: That's right. Instead of using one cup of sugar to one cup fruit juice or crushed fruit, I'll use only  $\frac{2}{3}$  or  $\frac{3}{4}$  cup of sugar.

COMMENTATOR: And with more fruit, there'll be more food value, and more taste, too.

MRS. \_\_\_\_: Yes, I've been reading that spreads can have good values. All the minerals of the fruit are saved.

COMMENTATOR: Any vitamins?

MRS. \_\_\_\_: That depends on the vitamins in the fruit at the beginning and how it is cooked, and also on the way the spread is stored.

COMMENTATOR: Can you reveal the cooking secrets?

MRS. \_\_\_\_: Well, the chief secret is to make the cooking time as short as possible.

COMMENTATOR: You mean cook 'em fast with a hot fire?

MRS. \_\_\_\_: That's right, but the cook must be on the job and stir the spread continuously or the spread will stick and burn and your sugar will be wasted.

COMMENTATOR: That would be terrible. Should you put in any water with the fruit and sugar?

MRS. \_\_\_\_\_: No, most fruits and berries have juice enough of their own.

But they should be crushed before you start to cook them.

And don't try to make too much spread at one time.

COMMENTATOR: How much is too much?

MRS. \_\_\_\_\_: More than one or two quarts would be too much. And another point is to use a wide, shallow pan for the cooking.

COMMENTATOR: That would help to evaporate off the moisture faster? Something like boiling down maple syrup in vats.

MRS. \_\_\_\_\_: Yes, the more quickly the spread is made, the better jam or preserve it will be.

COMMENTATOR: Not only vitamins are saved by the quick cooking ---

MRS. \_\_\_\_\_: But the color is brighter, too, and the delicate fruit flavor is kept.

COMMENTATOR: Hm---I guess too long cooking must account for those brown-colored spreads that stick in your throat.

MRS. \_\_\_\_\_: Probably. Beginners do tend to try to make too much at one time and then to use a deep, narrow kettle so that they have to boil and boil---

COMMENTATOR: ---And boil, on a boiling summer day! But to get back to our sugar question, Mrs. \_\_\_\_\_, how about honey and corn syrup?

MRS. \_\_\_\_\_: I am planning on using them both to stretch my sugar supply. In preserves, you may replace 1/2 of the sugar with honey or corn syrup and get a nice product. But remember that honey has a distinctive flavor.

COMMENTATOR: What other sugar-saving tricks are in your bag?

MRS. \_\_\_\_ : We don't need to cook the spreads quite as thick as we used to, and then they'll go a little farther. But, of course, they ought to be thick enough to stay on the bread.

COMMENTATOR: And off of the chin and the vest? Well, the problem at our place is how to preserve all the good things as they come along with only our 15 pounds of sugar for the three of us. We have strawberries, currants, gooseberries, cherries, raspberries, then there are plums and grapes coming, not to mention apples—

MRS. \_\_\_\_ : Your wife will have to make a budget and just fill her quota of the different varieties of jellies and preserves or else—

COMMENTATOR: We'll be in a jam. But we do hate to let those berries spoil!

MRS. \_\_\_\_ : Oh, you mustn't do that! Remember your friends—and remember, too, that you may can fruits and berries without sugar. For instance, those canned gooseberries will make delicious jam in the winter.

COMMENTATOR: What about currants?

MRS. \_\_\_\_ : Currants—in fact, all the berries—may be put into juice and then pasteurized.

COMMENTATOR: So that when sugar accumulates in the winter you can make more jelly?

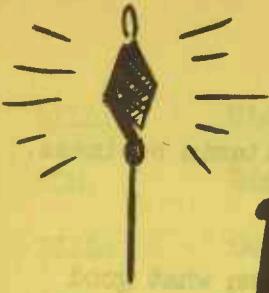
MRS. \_\_\_\_ : That's right, just boil up one cup of your currant or gooseberry juice with 3/4 cup of sugar and you'll have a glass of fresh jelly.

COMMENTATOR: And if the sugar doesn't accumulate?

MRS. \_\_\_\_ : You can drink the juice for breakfast, sweetening it with honey. It makes a good party refreshment punch, too.

COMMENTATOR: That's fine. You've told us a lot of things in these few minutes, Mrs. \_\_\_\_\_, to help us get more jams and preserves out of the five pounds of our canning sugar ration we can use for making sweet spreads this year....If our listeners would like more information, there are three Government publications they'll find useful. They are "Home-made Jellies, Jams and Preserves," "Home Canning of Fruits and Vegetables," and "Pickle and Relish Recipes." These publications may be obtained free from the U. S. Department of Agriculture, Washington 25, D. C., or from your home demonstration agent or State Agricultural College.





# for the RADIO

A Sample Script

## PRESERVE WITH A PURPOSE (Good Nutrition)

ANNOUNCER: During the next few minutes, we're going to talk about home canning. We're going to talk about home canning because this year, more than ever before, home canning is a must. As our battle lines lengthen, our fighting men need more and more of our commercially-canned fruits and vegetables. We civilians must do with less commercially-canned foods as part of the price of victory. We must preserve fresh fruits and vegetables at home to keep our families strong in the winter months ahead.

But now, for just a bit, let's listen in to a couple of G.I.'s, Tom and Bill. The day is done, and Tom and Bill are sitting on their cots in the barracks. Bill has been reading a letter from home.

BILL: (SIGHING) Gee, just like old times!

TOM: Yeah?

BILL: Yeah, just like old times. Mom says they're starting to can— putting up their vitamins for next winter.

TOM: Yeah? Your Mom, too? I thought only home economics teachers like my mother talked about vitamins.

BILL: Oh, no! Every time Mom came home from a nutrition meeting—

TOM: I know....you got an education in vitamins.

BILL: Did we ever! ....But I guess there is something to this vitamin business. I've found that out.

TOM: Sure, there's something to this vitamin business. I've seen what good food—the right kind—can do for kids. Every summer, Mom boarded a couple of youngsters...to help out with the money, you know. And to help the kids, too.

BILL: What a break for the kids.

TOM: You said that right. Every summer, she'd bring home a couple of scrawny kids...no pep to 'em. We called 'em lazy, but Mom would say, "Just you wait until they've had some of my cooking."

BILL: I'll bet I know what that meant—plenty of milk...plenty of green vegetables...plenty of yellow vegetables...tomatoes...

TOM: Say, you do pretty well on that diet stuff, yourself—

BILL: Not bad, eh? Well, I was well trained. You see, I had to help a lot with the cooking at home.

TOM: So you had to help with the cooking? Well, I had to help with the canning. And did I squawk. But it was sort of fun after we got started.

BILL: Me, too. Mom and I put up jars and jars of tomatoes. And jars and jars of peaches. And pears. Then a bunch of the ladies in the neighborhood got together and canned green beans in a pressure canner. They even canned chicken. (SMACKING HIS LIPS) Oh, boy!

TOM: Just like home. Those kids I was talking about that Mom took in for the summer...by the middle of summer we were all having a heck of a good time. They helped us with the garden and the canning. They had pep. And they looked swell...had a sparkle in their eyes. Kind of did you good to see 'em. Mom used to send some of the stuff we canned back to their homes with 'em. Sort of hoped they'd go on eating right all winter.

BILL: Didn't that canned stuff taste good in the winter?

TOM: Did it ever! Gee!

BILL: Gee!

TOM: Wish I could hear my Mom talking...even if it was about vitamins.

BILL: Me, too...even if it was about vitamins.

PAUSE..... FADE

ANNOUNCER: (CHUCKLING) Even if it was about vitamins, eh? Well, I guess Tom and Bill, in spite of their joking about vitamins, know how lucky they are to have Moms who feed their families the right foods. And, now, to help all the other mothers who are home canning so that their families will have the right foods this winter, we have asked Mrs. \_\_\_\_\_, \_\_\_\_\_ (TITLE) (MAY BE A MEMBER OF NUTRITION COMMITTEE, HOME DEMONSTRATION AGENT, HOME ECONOMICS TEACHER, OR OTHER LOCAL AUTHORITY) to talk to us about preserving with a purpose. Mrs. \_\_\_\_\_, just what do you mean when you say, "preserve with a purpose?"

GUEST: Well, Mr. \_\_\_\_\_ (ANNOUNCER'S NAME), when I say "preserve with a purpose," I mean to can enough fruits and vegetables now to bolster up your winter supply of vitamins. You know, for good health, we must eat plenty of the foods that give us all the vitamins and minerals our bodies need.

ANNOUNCER: Isn't there some kind of a chart or a guide, Mrs. \_\_\_\_\_, which our listeners could get to help them plan what kind of foods they should put up for their families?

GUEST: Yes, Mr. \_\_\_\_\_, there are two kinds of guides which I think a homemaker would probably find helpful. The first is the Wartime

GUEST: Food Guide, which listeners can get by writing to \_\_\_\_\_  
(Cont'd.) (U. S. DEPARTMENT OF AGRICULTURE, NUTRITION COMMITTEE, STATE  
AGRICULTURAL COLLEGE, OR ANY LOCAL SOURCE WHERE LEAFLET IS AVAILABLE).

This little leaflet explains the food groups in the Basic Seven and tells what they are.

ANNOUNCER: The Basic Seven...Do you mean that round chart cut up like a pie into seven pieces...with the seven kinds of food we should eat every day?

GUEST: That's right, Mr. \_\_\_\_\_. "The Wheel of Health," we call it sometimes. There's a picture of it in the leaflet I was just telling you about.

ANNOUNCER: Good. This leaflet, then, would tell us what kind of food we should eat every day. And that ought to be a pretty good guide on the kinds of foods we ought to put up for the winter. Isn't that it?

GUEST: That's it, Mr. \_\_\_\_\_. And the other leaflet I mentioned will help us figure how much of these foods we need. It even tells how many pounds or ounces of different foods people need each week, according to their age and the work they do.

ANNOUNCER: That sounds like a good point, Mrs. \_\_\_\_\_. What is the name of this leaflet, and where can our listeners get it?

GUEST: It is called "Family Food Plans for Good Nutrition," and you can get it by writing to the U.S. Department of Agriculture, Wash. 25, D. C.

ANNOUNCER: Thank you, Mrs. \_\_\_\_\_. I hope all of our listeners will put up some of their family food needs at home this year, so that there will be less demand for the commercially-canned foods which our armed forces need. I also hope that all home preservers will take your message to heart and "preserve with a purpose." The good results of canning will be many times greater if we plan for family health as we can.

# *Use local success stories-*

**IN THE PRESS  
ON THE AIR**



## *Here are some good examples!*

Hearing that Mrs. W. H. Chilten, of Dunklin County, Mo., had been ordered to the hospital and would be gone for several weeks, Mrs. Glen Eubanks, a neighboring farm wife, remembered some vegetables in Mrs. Chilten's garden that might be going to waste. "Why, several weeks from now, some of those vegetables won't be fit to can," she told Mrs. David Curry, another neighbor. "They ought to be picked and put in cans right now! I know the Chiltens will need them this winter and, anyway, with so many folks needing food these days, it's a shame for any to go to waste."

"Then, maybe we could can it for them," Mrs. Curry volunteered. "We could use our pressure cookers, and the children could help us pick. Working together, it wouldn't take long to do the job."

And it didn't take long, because Mrs. Eubanks and her two children and Mrs. Curry and her three, went to work immediately. As soon as their home chores were finished next morning, they went over to the Chilten's. They worked until two pressure cookers were loaded by 10 o'clock a.m., and they kept right on until 4 o'clock in the afternoon. By 4:00, they had finished a big collection of canned food, and were ready to go home and start cooking supper for their husbands.

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In Pope County, Ark., Garvin Macomb, a young man 19 years old, canned 200 quarts of fruit and vegetables in an emergency one summer. Garvin wasn't in the habit of spending his time in the kitchen canning. He did it in a pinch when his mother was called away from home at canning time to take care of a sick relative. He kept seeing string beans and tomatoes going to waste in the garden, and fruit spoiling on the ground, so he decided to can them. He said he did it "with a pressure canner and the advice of an aunt who lived a piece down the road."

In Carroll County, Ohio, Mrs. Ervin Borland works the night shift in a war plant near her home. During the day, she keeps house for her family of eight and manages to can around 1700 quarts of vegetables, fruits, and meat a year. She says she used to buy canned food but since 1942, she has worked out a nutrition budget, and now sets yearly canning goals so she can serve balanced meals throughout the year. Each year she checks her budget and makes changes based on her previous year's experience. For example, she cans less of foods where there were left-over and more of foods which "ran out" before the end of the season. Her young daughter Ellen, 16, helps her with the canning.

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Mrs. Wilbur Huntzinger, of Grant County, Ind., helps her husband in the field, milks the cows, tends the garden, cares for 400 chickens; and also keeps house for her husband and four small children. For awhile, she worked nights in a canning factory near her home, because there was a labor shortage at the factory and a food loss was threatened unless workers volunteered. In connection with her home duties, she cans around 700 quarts of food a year, mostly with a pressure canner. In one year, she usually cans about 130 quarts of tomatoes and tomato juice, 300 quarts of green and yellow vegetables, 200 quarts of fruit and fruit juices, 20 quarts of kraut, and 40 quarts of meat. In addition, she stores about twenty bushels of potatoes, 10 bushels of carrots, five of fruit, and four of dried peas.

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Mrs. Henrietta Ruffin, of Wilson County, N. C., is a firm believer in pressure cooker canning. She cans as many as 800 quarts of food a year, and thinks "there nothing like that pressure canner." Until she got her pressure canner, she says she used to lose as much as a third of her canned goods every year from spoilage. Now, she loses none. She says she's learned that a good family garden, and a planned canning program, keep a family well-fed, improve health, and keep down home expenses. At her house, she makes canning a continuous process. She cans week by week as new varieties of food come in season, and gradually fills her shelves. The Ruffins have six children at home and one in the army.

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Mrs. Mort Hawkins, of Briscoe County, Texas, supplements her canning with plenty of food storage and drying. Each year, she works out her entire canning budget as nearly as possible to fit a nutrition plan. Of about 500 quarts, she cans a variety that includes green string beans, black-eyed peas, corn, pinto beans, lambs quarter greens, tomatoes and tomato puree, vegetable soup mixture, pickles and relish, fruits, and other items. She and her sister, who lives nearby, can together and divide up their garden produce so each has enough of everything in the right proportion. Besides what she cans every year, Mrs. Hawkins stores about 30 pounds of dried beans, dries okra and corn, makes hominy, and puts about 25 pounds of cabbage into kraut.

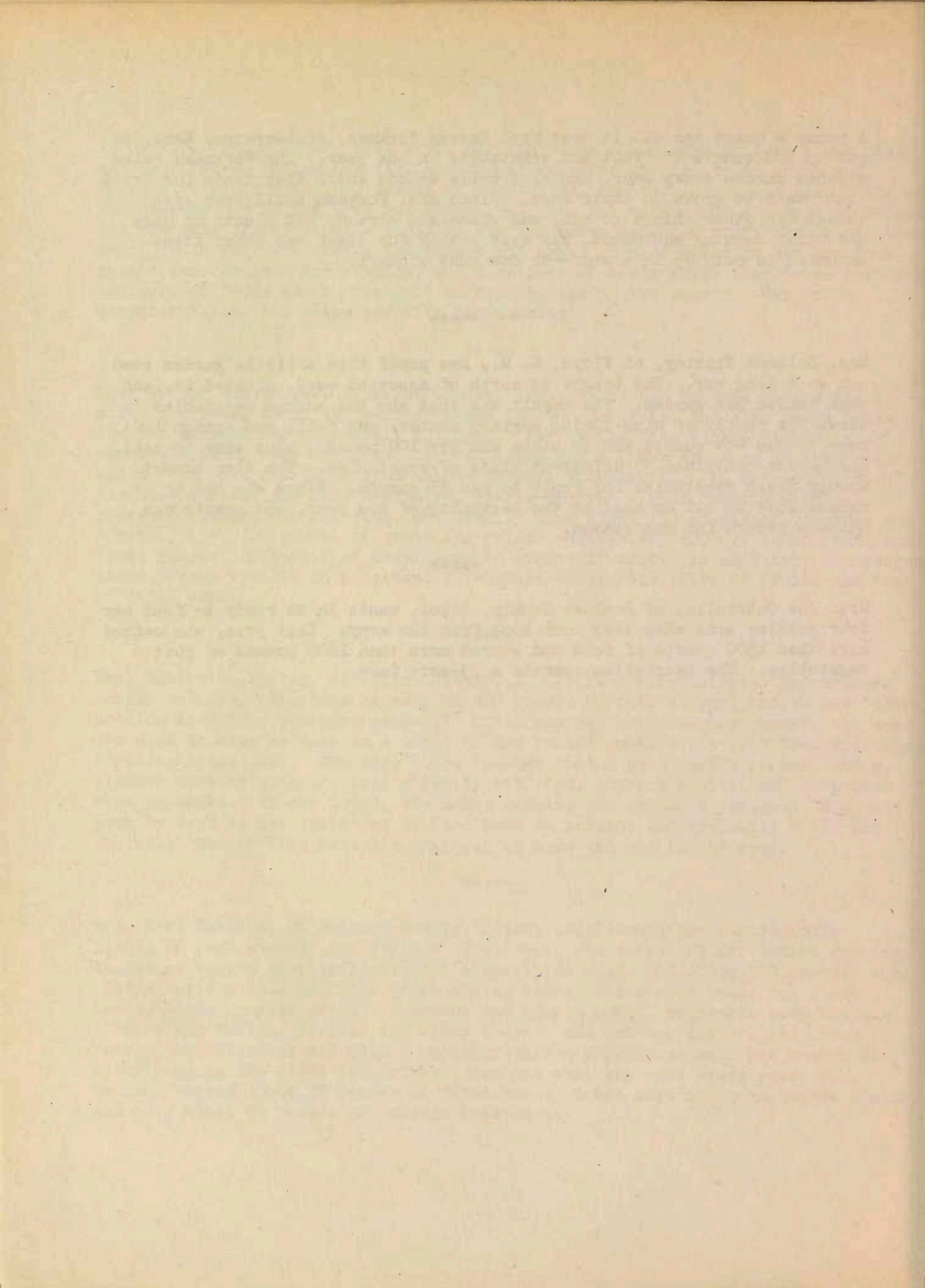
A penny a quart was all it cost Mrs. Harvey Workman, of Lawrence, Kan., to put up 500 quarts of fruit and vegetables in one year. The Workmans raise a large garden every year, and also raise melons which they trade for fruit that can't be grown on their farm. Since Mrs. Workman could swap some things for other things to can, and since she already had plenty of jars and other canning equipment, her cash outlay for sugar and other items amounted to only \$5 in a year--or one cent a quart.

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Mrs. Holbert Shirley, of Floyd, N. M., has proof that a little garden seed can go a long way. She bought \$3 worth of assorted seed, planted it, and then tended her garden. The result was that she had enough vegetables to serve her family of nine during spring, summer, and fall, and enough left over to can 454 quarts and to store and dry 100 pounds, plus some to sell. Her garden contained 30 different kinds of vegetables. She also traded enough fresh vegetables for fruit to can 85 quarts. Since she had no canned food at all on hand at the beginning of the year, 454 quarts was quite a record for one season.

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Mrs. Joe Gabriella, of Boulder County, Colo., wants to be ready to feed her four soldier sons when they come home from the army. Last year, she canned more than 1500 quarts of food and stored more than 1000 pounds of root vegetables. The Gabriellas operate a 13-acre farm.





# for the PRESS

An announcement of ...  
FOOD PRESERVATION FAIR

A war-fair, streamlined as today, old-fashioned as yesterday, where homemakers may exhibit their prowess in preserved foods from Victory Gardens, has just been announced by the \_\_\_\_\_ county and \_\_\_\_\_ city nutrition committees. Sponsored jointly by the two committees, this unique fair will be held in \_\_\_\_\_ (PLACE), \_\_\_\_\_ (DATE), \_\_\_\_\_ (TIME).

All homemakers of \_\_\_\_\_ and \_\_\_\_\_ county are invited to submit their choicest samples of the preserving art to compete for the \_\_\_\_\_ (NUMBER) grand prizes which will be awarded by judges of the committee.

Any type or variety of preserved food will be eligible for the exhibits and the prizes, from those preserved by the most old-fashioned methods of salting and drying to the latest in canning and quick freezing. Only requisite necessary is that products must be carefully labeled with the name of the product and the name and address of the maker. They must also be received at the \_\_\_\_\_ (PLACE) by \_\_\_\_\_ (DATE) to give opportunity for judging and placing them in exhibits.

"Here's a chance for every homemaker of our community to capitalize on the fruits of her labors and to join in this unique demonstration showing how patriotic homes have met the food emergency," said \_\_\_\_\_ (LOCAL AUTHORITY).

In addition to the individual entries, other harvest exhibits will be arranged by leading artists and nutritionists in the county.





# for the PRESS

Sample release on . . .  
COMMUNITY CANNING CENTER

\_\_\_\_\_ (NUMBER OF CANS OF FRUITS AND VEGETABLES PROCESSED IN LOCAL COMMUNITY CANNING CENTER) cans of fruits and vegetables went on the shelves of \_\_\_\_\_ (NUMBER OF FAMILIES PATRONIZING CANNING CENTER) families in \_\_\_\_\_ (NAME OF PLACE) last season without the use of a single blue stamp, according to Mrs. \_\_\_\_\_ (NAME OF LOCAL AUTHORITY). An average of \_\_\_\_\_ (AVERAGE NUMBER) cans a family was processed. Mrs. \_\_\_\_\_'s (NAME OF LOCAL AUTHORITY) records show that the families who grew their own fruits and vegetables and then canned them at the community canning plant provided for practically all their canned food needs for the year through their own efforts.

The community canning plant which made these results possible was planned, built and equipped in \_\_\_\_\_ (DATE) under the supervision of \_\_\_\_\_ (NAME OF SPONSOR) with funds provided by \_\_\_\_\_ (NAME OF LOCAL DONORS). The plant was operated by trained home demonstration club members.

(INSERT DESCRIPTION OF LOCAL COMMUNITY CANNING CENTER, ITS FACILITIES AND ACTIVITIES).

"The canning plant enabled families without pressure canners or other facilities for canning at home to make the most of garden surplus for winter consumption," said \_\_\_\_\_ (LOCAL AUTHORITY), "thus saving expense, providing for better family diets, and sparing commercial supplies for city families without gardens."





# for the PRESS

An announcement of ...  
PRESSURE CANNER CLINICS

Pressure canner clinics for \_\_\_\_\_ (CITY OR AREA) housewives will begin in two weeks under the supervision of the \_\_\_\_\_ (NAME OF SPONSORING ORGANIZATION), it is announced by \_\_\_\_\_ (LOCAL AUTHORITY).

The schedule of the clinics extends over the next three months and covers every section of the state. Pressure canners will be thoroughly tested with equipment developed at \_\_\_\_\_ (STATE COLLEGE OR OTHER LOCAL SOURCE), with special attention given to safety valves and pressure gauges. Housewives are asked to clean the canners carefully before they are brought to the clinics.

By checking the accuracy of the pressure gauges and the safety valves, and the general condition of the canners, the home economists hope to assist housewives materially in doing the very best job of food conservation this summer, when hundreds of thousands of jars and cans of fresh vegetables and fruits are to be preserved.

At these clinics local people will be trained to test the canners so that in the future housewives may have this special service available in their own neighborhoods. Hardware dealers will cooperate in the clinics and help arrange for such future service in their areas.





# for the PRESS

An announcement of . . .  
GENERAL CANNING CONFERENCE

High ration point values on canned foods and greater need for canned supplies to feed military forces in both Europe and the Pacific give added importance to the \_\_\_\_\_ (COUNTY, CITY, OR TOWN) conference on food preservation which will open in \_\_\_\_\_ (PLACE) on \_\_\_\_\_ (DATE).

"The national food situation indicates that at least as many gardens and as much home canning will be needed in 1945 as in 1944," says \_\_\_\_\_ (LOCAL AUTHORITY). "Last year nearly 25 million households put up an estimated  $3\frac{1}{2}$  billion quarts of food, which accounted for nearly half the total civilian supply of canned vegetables and two-thirds of the total civilian supply of canned fruits. This year with more commercially-canned goods going to the armed forces, home canned food will be needed even more than last year."

The meeting on \_\_\_\_\_ (DATE) will bring together local canning representatives, nutritionists and garden leaders from \_\_\_\_\_ (COUNTY, CITY, OR TOWN) to plan for this year's home food preservation activities. This conference is being called by \_\_\_\_\_ (ORGANIZATIONS) and the program will include discussions by \_\_\_\_\_ (NAMES AND TITLES). Subjects to be discussed will be:



**P**HOTOGRAPHS of home food preservation shown in miniature on the other side of this sheet are available, free on request, to editors and writers for reproduction in newspapers and magazines. The pictures listed at the left were taken at the U. S. Department of Agriculture's Home Economics laboratories at the Beltsville Research Center. Order by number from—

OFFICE OF INFORMATION,  
U. S. DEPARTMENT OF AGRICULTURE,  
*Washington 25, D. C.*

Additional pictures of community canning centers, particularly those having semi-commercial equipment, will be available early in the 1945 canning season.



Prints showing home preservation of food available from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

1. Steaming corn to be dried.
2. Preparing corn for drying.
3. Canned beans ready for storage.
4. Taking cans of beans from pressure canner.
5. Blanching beans to be canned.
6. Preparing beans for canning.
7. Preparing beans for canning.
8. Taking can of tomatoes from water bath.
9. Putting top on can of tomatoes.
10. Filling can with tomatoes.
11. Dipping tomatoes in boiling water.
12. Peeling tomatoes for canning.
13. Sorting tomatoes for canning.
14. Taking jars of brined beans from boiling water bath.
15. Packing brined beans.
16. Covering crock of beans to be brined.
17. Adding salt to beans to be brined.
18. Steaming beans to be brined.
19. Washing beans to be brined.
20. Taking snap beans to be dried from steamer.
21. Preparing snap beans for drying.
22. Sealing bags of dried corn.
23. Testing corn for dryness.
24. Running tray of corn into drier.
25. Preparing corn for drying.
26. Reconstituting dried snap beans.
27. Snap beans dried in cabinet drier.
28. Drying snap beans in cabinet drier.
29. Dried beans before and after being reconstituted and cooked.
30. Drying carrots in top-of-stove drier.
31. Drying carrots in oven drier.
32. Preparing peaches for drying.
33. Peeling and sulphuring peaches in solution.
34. Preparing peaches for sulphuring.
35. Sulphuring peaches with sulphur fumes.
36. Running trays of peaches into drier.
37. Packing dried peaches.
38. Sorting and shelling peas for freezing.
39. Washing peas to be frozen.
40. Blanching peas to be frozen.
41. Cooling blanched peas to be frozen.
42. Packaging peas prepared for freezing.
43. Sealing containers of peas for freezing.
44. Storing sealed containers of peas for freezing in refrigerator.
45. Placing filled cartons of peas in freezer.
46. Cooking frozen peas.
47. Hulling and sorting strawberries for freezing.
48. Washing hulled strawberries for freezing.
49. Adding sugar to strawberries to be frozen.
50. Adding sugar to strawberries to be frozen.
51. Packaging strawberries for freezing.
52. Pouring sugar sirup on strawberries to be frozen.
53. Adding sirup to strawberries to be frozen.
54. Sealing cartons of strawberries to be frozen.
55. Storing cartons of strawberries to be frozen in refrigerator.
56. Placing sealed cartons of sugared strawberries in freezer.
57. Serving shortcake made with frozen berries.

# News stories that clicked last year

## THOROUGH HEATING IS KEY TO CANNING SUCCESS

### Farm Wives Support War Effort; Plan for Full Shelves of Food

Indiana farm women have gone to war, records of the farm security administration show, and they're doing more than they've ever done before to help win the battle of food supply.

Many women work in the field, carrying on what is regarded as the farm work after the chickens, keeping the family.

Farm wives in the families in the FSA year canned 2,780,000 and vegetables and a total of 3,383,171 quarts, home-canned food, average of 400 quarts a year they plan.

#### CANNING AND STORAGE AWARDS TO BE ANNOUNCED SATURDAY

The Macoupin County FSA committee, which consists of James R. Nixon, Carlinville; Chester E. Weller, Carlinville; and Howard W. Day, Vir- den, will announce the winners of the canning and storage awards for Farm Security Administration families at a meeting which will be held at the Farm Bureau building Saturday afternoon, December 16, at 2:00 p. m.

The awards are to be given on the basis of the amount canned and stored and extra consideration is given to those who have a variety of foods. The Macoupin County FSA families have always done very well on this home production of food, but this year many have done extra well.

About 40 per cent of the average town families income is spent for food while about 8.5 per cent of the farm families cash income is spent for food according to the account book summaries in this county. Also from the account book summaries the average value of home produced food was \$553. These farm families do not

say she plans all their work. Besides her other work and responsibility, Mrs. Glingerger takes care

garden full of fortunate. During garden will provide tomatoes, full ripe young snap beans,

etc.

worker must also look

for months, and plan

surplus as may be

the family's needs.

seventy-nine quarts

of fruit

serving, and pickling

from her garden, she

used food storage

out

of boiling

pickled beets. It is not a safe method to use for canning the non-acid vegetables — such as peas, beans, and corn.

Certain bacteria found on non-acid vegetables go into a "spore" form during part of their life cycle; and these spores are very difficult to kill. Even processing non-acid vegetables for several hours at the boiling point may not destroy spores.

But scientific studies have shown that the spore forms of bacteria will be killed when heated to 240 or 250 degrees F. for a reasonable length of time. To get these higher temperatures, homemakers must use a steam pressure canner. Such a canner holds the pressure, so the temperature

### FARM WIFE SAVES \$1000 IN YEAR IN CANNING PROGRAM

Packs 130 Quarts of Food Per Person for Family of Seven.

Special to the Post-Dispatch.  
LAMAR, Mo., May 30. — Mrs. Troy Fanning of Lamar has found it pays to "live at home." She saved better than

years last year by

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## "Heroine Of The Land"



Mrs. Darter cans, too. Down cellar she has hundreds of jars of food, and all produced right there at home. Apricots, peaches, dates, grapes, plums, quinces, beans, squash, okra, beets, beans, tomatoes, lamb, several kinds of poultry meats, and numerous other items.

This year she reduced the chicken flock a bit to raise a flock of turkeys. There are many, many Pekin and Mallard ducks, and even a lone goose. There are guinea hens.

Son Cedric is primarily responsible for the dairy end of the Darter family enterprise. He:

Nobody was more surprised than Mrs. Mae Darter when the Farm Security Administration cited her for "outstanding work in wartime food production."

But nobody who has visited the Darter home, two miles southeast of Casa Grande, and heard the cackling hens, the gobbling turkeys, the quacking ducks, the song-

## Canning, Storage Awards Listed

Winners Are Named In  
Macoupin County.

Carlinville, Dec. 17.—Macoupin County E.S.A. committee consists of James Nixon,ville, Howard Day of Vincennes, Chester Weller, Carlinville, presented the following canning storage awards at a storage awards at a the farm bureau selected by the Sandoval County

With enrollment in the Community Canning Center at Bernalillo steadily increasing, the kitchen there will be open three days a week, it was announced Saturday by project leaders. Twenty-one men and women are now enrolled in the Center, selected by the Sandoval County project committee as their

project for this year.

By Romeo Ortiz, San

County superintendent of

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## Big Savings Met By Meat Canning

Mobile County Farm Women  
Preserve Products Under  
Guidance Of FSA

"Dollar stretchers" would be a good nickname for housewives on the 130 small farms in Mobile County being operated with financing and technical guidance furnished by the Farm Security Administration.

Each year, with the help of Miss Louise Prine, FSA home management supervisor, these women develop some new way to grow and preserve on the farm what they formerly had to spend cash for at the store. During 1940 big savings were made with meat canning.

Mrs. Brannan of Citrus Hill, Sold

Mrs. Shirley Cans 354 Quarts Food From \$3 Worth of Seed

Proving that growing a garden is worthwhile is evidenced by the progress made by the Holbert Shirley family of Floyd, New Mexico, when they purchased a garden seed cooperatively from the Farm Security Administration.

From the three dollar garden seed package, vegetables have been produced in sufficient quantities from 2 to 3 acres to can 354 quarts of food, sale of \$12 worth of beans trading vegetables for fruit which was sufficient to can 85 quarts and an adequate supply of fresh vegetables. The family will also be able to store and dry approxi-

## COMMUNITY CANNING PROJECT GETS ATTENTION AT BERNALILLO CENTER



## FRANKLIN 4-H CLUB GIRL NAMED CANNING CHAMPION FOR 1940

May Kingsley of Franklin, 4-H club cannning champion for 1940, will be Connecticut's cannning club delegate to the national 4-H club congress at Chicago, Nov. 29 to Dec. 7. The announcement was made Saturday by the University of Connecticut extension service.

Approximately 400 girls in the eight Connecticut counties have been enrolled this year in 4-H club projects and final decision made Saturday winners met at County Farm Bureau checkup on the There were two class A for girls 15 over, with at least cannning experience, girls under 15 years r three years of ex-



MISS MAY KINGSLEY  
1940 Canning Champion

Catherine Beckwith of Franklin, also a member of the Junior Homemakers club, who will take part in the competition, and Mary

Use Fresh Vegetables for Storage Locker Freezing  
Only freshly gathered vegetables should be used for quick freezing and storage in locker plants. As soon as picked, they generate some of their own heat and that loss increases rapidly. Vegetables that are allowed to stand until quick-frozen, retain less loss than those that are found partially thawed.

## CANNING CHAMP OF GEORGIA NOT WORRIED ABOUT RATION CARDS OR FOOD SHORTAGES

Mrs. S. B. Duncan Of Franklin County Canned Total Of 16,441 Cans Of Vegetables And Fruits During Year.

Point rationing holds no terror for Mrs. S. B. Duncan, a cross section of Franklin County, Ga., became the title as the champion home canner. Last year she canned a total of 16,441 cans of vegetables and fruits during the year. Her active and vigorous

such as possible with operations, but, of time is taken up with

and a recently increased program which carried two

cows, eight yearlings and

Neighborhood women were

help her in the canning

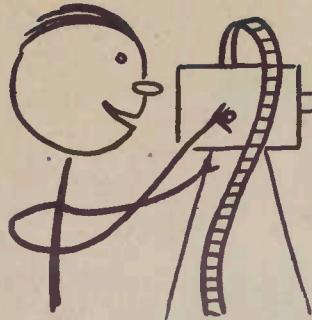
and Mrs. Duncan are both

living in their community.

Duncan is an active member

Franklin County Home demonstration council and last year was

dent of the Home



# MOVIES

## MOTION PICTURE FILMS

Canning the Victory Crop. 2 reels, 16 mm., sound, kodachrome. Time, 20 minutes. U.S.D.A. adaptation of the film originally produced by Good Housekeeping Institute.

Saving the Garden Crop. 1 reel, 16 mm. and 35 mm., sound, running time 13 minutes.

These films may be borrowed through the U.S.D.A. film depositories in States (listed below), or by writing to Motion Picture Service, Office of Information, United States Department of Agriculture, Washington 25, D. C.

## FILM DEPOSITORYES

ALA. . . . .	Extension Service, Ala. Polytechnic Institute, Auburn.	COLO. . . . .	Bureau of Visual Instruction, Univ. of Colo., Boulder. Ext. Service, Colo. State College of Agriculture, Ft. Collins.
ALASKA . . . .	Ext. Service, Univ. of Alaska, College.	CONN. . . . .	Audio-Visual Aids Center, Univ. of Conn., Storrs.
ARIZONA . . . .	Ext. Service, Univ. of Arizona, Tucson.	DEL. . . . .	Ext. Service, Univ. of Delaware, Newark.
ARK. . . . .	Dept. of Public Relations, Ark. State Teachers' College, Conway.  Ext. Service, 524 Post Office Building, Little Rock.	FLA. . . . .	Dept. of Visual Instruction, General Ext. Div., Univ. of Fla., Gainesville.
CALIF. . . . .	Ext. Div., Univ. of Calif., Berkeley. (Serves northern Calif.)  Ext. Div., Univ. of Calif., 405 Hilgard Ave., Los Angeles. (Serves southern Calif.)  Y.M.C.A., 251 Turk Street, San Francisco.	GA. . . . .	Div. of General Extension, Univ. System of Ga., 223 Walton Street, N.W., Atlanta.  Agricultural Ext. Service, Univ. System of Ga., Athens.
		IDaho. . . . .	Ext. Service, College of Agri., Univ. of Idaho, Boise.

ILL. . . . .	Visual Aids Service, Univ. of Ill., Champaign. Ext. Service, College of Agri., Urbana. Y.M.C.A., 19 S. LaSalle St., Chicago.	NEV. . . . .	Agri. Ext. Service, of Nev., Reno.
IND. . . . .	Bureau of Visual Instruction, Ext. Div., Ind. Univ., Bloomington. Ext. Service, Purdue Univ., LaFayette.	N. H. . . . .	Ext. Service, Univ. of N. H., Durham.
IOWA . . . . .	Visual Instruction Service, Iowa State College, Ames.	N. J. . . . .	N. J. State Museum, State House Annex, Trenton Ext. Service, State College of Agri., New Brunswick.
KANS. . . . .	Bureau of Visual Instruction, Univ. Ext. Div., Univ. of Kansas, Lawrence. Ext. Service, Kansas State College, Manhattan.	N. M. . . . .	Museum of New Mexico, Santa Fe. Ext. Service, A&M College, State College.
KY. . . . .	Dept. of Visual Aids, Univ. of Ky., Lexington.	N. Y. . . . .	Ext. Service, College of Agri., Ithaca. Y.M.C.A., 347 Madison Ave., N. Y.
LA. . . . .	Ext. Service, La. State Univ., Baton Rouge	N. C. . . . .	Bureau of Visual Instruction, Univ. of N.C., Chapel Hill. Ext. Service, State College Station, Raleigh.
MD. . . . .	Ext. Service, Univ. of Md., College Park.	N. D. . . . .	Dept. of Info., Agri. College, Fargo.
MASS. . . . .	Ext. Service, College of Agri., Amherst.	Ohio . . . . .	Ext. Service, College of Agric., Columbus.
MICH. . . . .	Ext. Service, Univ. of Michigan, Ann Arbor. Agricultural Ext. Service, Mich. State College, East Lansing.	OKLA. . . . .	Ext. Service, A&M College, Stillwater.
MINN. . . . .	Ext. Service, Univ. of Minn., St. Paul.	OREGON. . . . .	Dept. of Visual Instruction, Oregon Agri. College, Corvallis.
MISS. . . . .	Director of Ext., Miss. State College, State College.	PA. . . . .	PWC Film Service, Pa. College for Women, Pittsburgh.
MO. . . . .	Univ. Ext., Univ. of Mo., Columbia.	PUERTO RICO. . . . .	Ext. Service, Univ. of Puerto Rico, Rio Piedras.
MONT. . . . .	Ext. Service, Mont. A&M College, Bozeman.	R. I. . . . .	Ext. Service, R.I. State College, Kingston.
Nebr. . . . .	Univ. Ext. Div., Univ. of Nebr., Lincoln.	S. C. . . . .	Ext. Div., Univ. of S.C., Columbia. Ext. Service, Clemson Agri. College, Clemson, S.C.

S.D. . . . .	Ext. Div., Univ. of S. D., Vermillion Ext. Service, S. D. State College of Agri., Brookings.	VA. . . . .	Audio-Visual Education, State Board of Education, Richmond.
TENN. . . . .	Div., of Univ. Extension, Univ. of Tenn., Knoxville.	WASH. . . . .	Ext. Service, State College of Wash., Pullman. Central Wash. College of Education, Ellensburg.
TEXAS . . . . .	Visual Instruction Bureau, Univ. of Texas, Austin. Ext. Service, A&M College of Texas, College Station. Y.M.C.A., Dallas, Texas.	W. Va. . . . .	The Library, Univ. of W. Va., Morgantown.
UTAH . . . . .	Ext. Div., State College of Agri., Logan	WIS. . . . .	Bureau of Visual Instruction, Univ. of Wisconsin, Madison.
VT. . . . .	Robert Hull Fleming Museum, Univ. of Vt., Burlington.	WYO. . . . .	Cooperative Film Library, Univ. of Wyo., Laramie.

#### FILMS FROM THE STATES

Home Canning. 1 reel, 16mm, silent (sound on track will be added), color. Time, 45 minutes. Produced by School of Home Economics, University of Washington. Distributed by Campus Studios, University of Washington, Seattle, but borrower pays transportation and insurance costs. Available for use outside State, but requests within the State of Washington have priority.

Canning at Home. 1 reel, 16mm, sound, color. Time, 26 minutes. Prepared by the Extension Service of the New York State College of Agriculture and Home Economics with the cooperation of the New York State War Council. No rental charge within New York State. Permission will be given for use outside State. For synopsis and application blank, write to New York State College of Home Economics, Cornell University, Ithaca, New York.

Can All You Can. 1 reel, 16mm, sound projector. Time, 26 minutes. Producer, Richard J. Reynolds. Free use limited to the State of North Carolina, but copies can be purchased by out-of-State groups. Direct inquiries to the office of the agricultural editor, State College Station, Raleigh, North Carolina.

**SLIDE FILMS (BLACK AND WHITE)**

Canning Vegetables — Steam Pressure Way. 32 frames. (Ready about June 1)

Canning Fruits and Tomatoes. 49 frames. (Ready about June 1)

Canning Chicken. 45 frames.

Canning Meat. 40 frames.

Prepared by the Bureau of Human Nutrition and Home Economics.  
Copies will be available for inspection in the offices of the agricultural extension editor, State College of Agriculture. Or, for information about purchasing these films at nominal cost, write to the Extension Service, U. S. Department of Agriculture, Washington 25, D. C.

# A POSTER

**"OF COURSE I CAN!"**



I'm patriotic as can be—  
And ration points won't worry me!"

This poster, in full color, size 18-3/8 x 26 inches,  
is available from U. S. Department of Agriculture,  
Washington 25, D. C. Many grocery stores will re-  
ceive copies direct.

# A WINDOW DISPLAY SUGGESTION

You may be able to persuade local grocers or hardware merchants to put home canning displays in their windows. The sketch below is intended as a suggestion -- you may have better ideas to suggest to your merchants, or they may wish to devise either simpler or more lavish displays. The grocer may appreciate your assistance in rounding up some nice looking canned fruits and vegetables, or in aiding him in other ways.

An eye-catching display could be built around the poster shown on the back of this sheet.



These ads are suggested for use during the canning season to promote home food preservation. Local merchants may be willing to sponsor one or more of them.

The National Editorial Association and the

Newspaper Advertising Service are sending copies of this proof and mats of the art work to all their members. For papers that are not members, extra copies of the mat are available from the Extension Editor of your State college.

## HOW YOUR FAMILY CAN EAT WELL ALL WINTER WITHOUT BLUE POINTS!

- 1 Commercially canned goods for civilians will be scarcer this winter, no matter what happens in Europe.
- 2 Home canning must make up the difference for civilians. (Last year, half the canned vegetables and three-fourths the fruit that civilians ate came from this source.)
- 3 This year, home canning will be easier than ever—more pressure canners made, plenty of containers and closures, extra sugar allowed through your local War Price and Rationing Board.
- 4 Preserving food at home is the only way to be sure your family gets enough nourishing vegetables and fruits all year.
- 5 To learn the best ways to dry, freeze, pickle, brine, or store foods—and for free official home canning information—write to your State Agricultural College, or Home Canning, U. S. Dept. of Agriculture, Washington 25, D. C.

**It's Smart to Can all you Can!**

SPONSOR'S NAME AND ADDRESS

Ad #163

It's Smart to Can  
all you Can!

SPONSOR'S NAME  
AND ADDRESS

Ad #166

### This year Home Canning is a Must

This winter, the supply of commercially canned goods for civilians will be scarcer. It will be harder to feed your family all the nourishing vegetables and fruits they need!

**Sugar?** Your local War Price and Rationing Board will allow extra sugar for canning.

**Equipment?** More pressure canners available this year. If you can't buy or borrow one, use facilities of your Community Canning Center.

**What to Can?** All the vegetables and fruits you will need to see you through the winter!

**How to Can?** For free official information write to your State Agricultural College, or Home Canning, U. S. Dept. of Agriculture, Washington 25, D. C.

It's Smart to Can  
all you Can!

SPONSOR'S NAME  
AND ADDRESS

Ad #165

"My pantry  
won't know  
there's a war on!"



**N**O MATTER how empty my grocer's shelves, no matter how high ration points may go this winter—my family's going to have plenty of nourishing, delicious canned vegetables and fruits!

I'm going to can all I can. This year, there'll be more pressure canners available, there'll be plenty of containers and closures, and I'll get extra sugar for canning through my local War Price and Rationing Board.

A hint to the wives is sufficient: it'll be easier to can—and there's more reason than ever to do it this year!

**It's Smart to Can  
all you Can!**



SPONSOR'S NAME AND ADDRESS

Ad #164



SPONSOR'S NAME AND ADDRESS

Ad #163

**I'M GOING TO CAN  
ALL I POSSIBLY CAN  
SO MY FAMILY  
CAN EAT BETTER  
THIS WINTER!**

Ad No. 169

### AMERICA'S WOMEN ANSWER:

#### CAN

CAN to be sure your family is well fed this winter.  
CAN what you don't eat from your Victory Garden.  
CAN other fruits and vegetables in season.  
CAN them while they're fresh.  
CAN them right.  
CAN fruits according to wartime specifications.

#### DO

DO use a pressure canner for (more available this year).  
DO borrow one if you can't buy one.  
DO use the facilities of your Community Canning Center.  
DO get free canning information from your State Agricultural College.



**It's Smart to Can all you Can**

Ad #170

**CAN MORE THAN  
EVER BEFORE!**

1. Less commercially canned goods for civilians this winter.
2. Greater need to feed your family nutritious food.
3. More canning equipment available.

**It's Smart to Can  
all you Can!**

Ad #167

### Home Canning Means:

**BETTER MEALS...MORE FOOD  
WITHOUT RATION POINTS!**

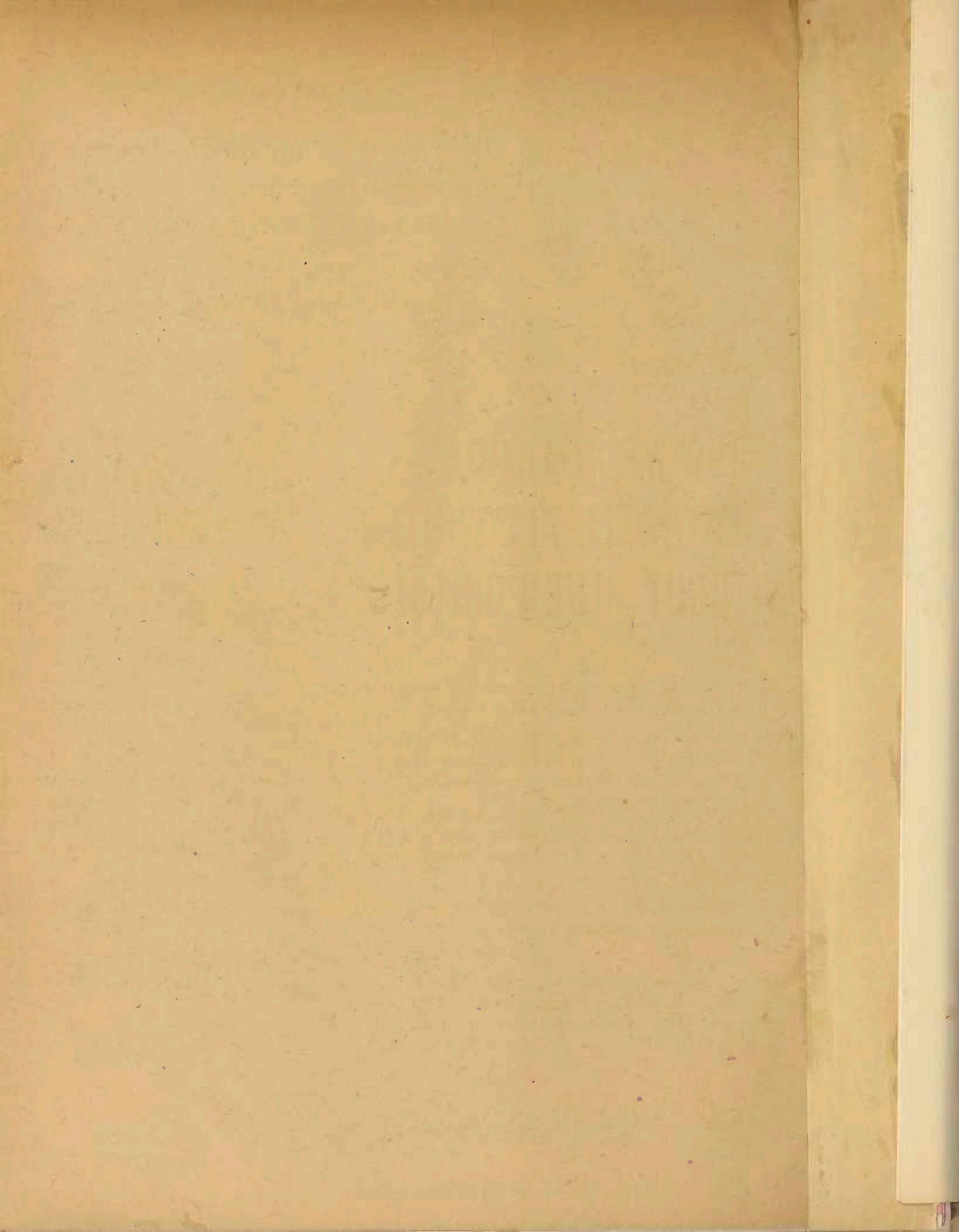
**It's smart to can all you can!**

Ad No. 168

**It's Smart  
to Can  
all you  
can!**

Ad No. 171

**These "Drop-ins"  
are for use  
in larger  
advertisements.**



# ★ PROMOTION IDEAS . . .

local programs that "took"

# ★ MATERIALS to help you . . .

booklets for canners

movies

poster

ads

•







"There will be need for all the home canning that can be done successfully this year. By preserving food at home, American women can do much to relieve war-time labor, processing, and transportation problems, and, at the same time, assure a better fed nation."

*Mariion Jones*

War Food Administrator

"The homemaker's best assurance that her family will have a varied and healthful diet next winter is to can at home the fresh foods grown on our farms and in our gardens this summer. Military needs for commercially-canned foods are greater than ever before, and there will be less canned goods available in stores for civilians."

*Claude R. Wickard*

Secretary of Agriculture

"The American housewife who answers the appeal to can and preserve food for family use will be helping to relieve the demand for scarce rationed foods. She will add just that much to the supply of processed foods, so there will be more for all to share."

*Charter Bowles*

OPA Administrator













